



HEALTH SCORE

86%

Thai Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds tuna steaks fresh cubed
- ☐ 0.3 cup asian fish sauce
- ☐ 0.5 cup basil fresh
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 bunch green onion finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 small chile pepper fresh red seeded chopped
- ☐ 4 tomatoes fresh chopped

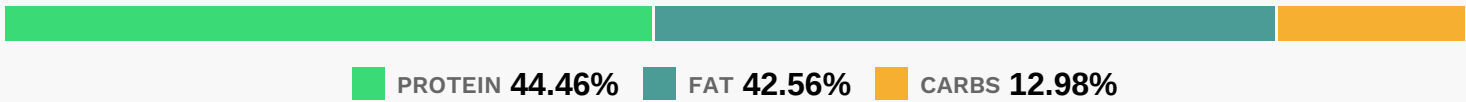
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a small bowl, mix together fish sauce, lime juice, and honey.
- ☐ Place tuna in a large, plastic, resealable bag, and pour fish sauce mixture over the tuna. Refrigerate for 1 hour.
- ☐ Heat 2 tablespoons olive oil in a wok over high heat. When the oil is very hot, almost smoking, place 1/2 tuna in pan; cook and stir for 1 minute, or until desired doneness.
- ☐ Transfer cooked fish to a large bowl. Repeat with remaining oil and tuna.
- ☐ Toss warm fish with tomatoes, green onion, red chile pepper, cilantro, and basil.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:33.66, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:27.138260976128%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 280.51kcal (14.03%), Fat: 13.18g (20.28%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.02g (2.92%), Sugar: 6.83g (7.59%), Cholesterol: 48.48mg (16.16%), Sodium: 624.11mg (27.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.96%), Vitamin B12: 12.06µg (201.08%), Vitamin A: 3535.71IU (70.71%), Selenium: 47.34µg (67.63%), Vitamin B3: 11.71mg (58.56%), Vitamin D: 7.27µg (48.48%), Vitamin B6: 0.7mg (34.97%), Phosphorus: 346.48mg (34.65%), Vitamin C: 22.21mg (26.92%), Vitamin K: 25.34µg (24.13%), Vitamin B1: 0.34mg (22.78%), Magnesium: 87.67mg (21.92%), Vitamin B2: 0.35mg (20.61%), Vitamin E: 2.71mg (18.04%), Potassium: 544.64mg (15.56%), Vitamin B5: 1.45mg (14.52%), Iron: 1.76mg (9.8%), Copper: 0.17mg (8.67%), Manganese: 0.15mg (7.49%), Zinc: 0.95mg (6.34%), Folate: 21.95µg (5.49%), Fiber: 1.02g (4.09%), Calcium: 28.25mg (2.82%)