



HEALTH SCORE

53%

Tuna "London Broil" with Wasabi Cream



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons green onions sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 teaspoons cracked pepper black
- ☐ 0.3 teaspoon salt

- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 1 tablespoon wasabi powder
- ☐ 2 teaspoons wasabi powder dried (Japanese horseradish)
- ☐ 1 tablespoon water

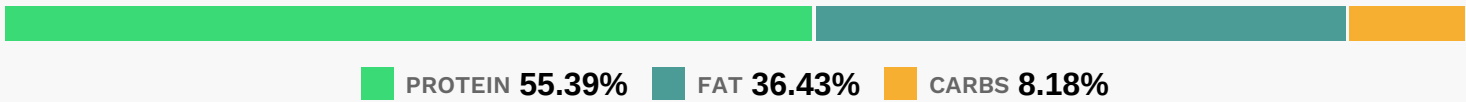
Equipment

- ☐ grill

Directions

- ☐ Combine first 5 ingredients; rub over tuna. Cover and chill 30 minutes.
- ☐ Combine wasabi and water.
- ☐ Let stand 5 minutes. Stir in mayonnaise, sour cream, juice, and soy sauce.
- ☐ Prepare grill to high heat.
- ☐ Place steaks on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Serve with wasabi cream; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:30.120869595072%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 305.59kcal (15.28%), Fat: 12.02g (18.49%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 5.38g (1.96%), Sugar: 0.77g (0.85%), Cholesterol: 68.17mg (22.72%), Sodium: 493.49mg

(21.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.1g (82.2%), Vitamin B12: 16.08µg (268.05%), Selenium: 63.83µg (91.18%), Vitamin A: 3795.98IU (75.92%), Vitamin B3: 14.87mg (74.36%), Vitamin D: 9.7µg (64.64%), Phosphorus: 468.23mg (46.82%), Vitamin B6: 0.82mg (40.75%), Vitamin B1: 0.44mg (29.03%), Vitamin B2: 0.47mg (27.55%), Magnesium: 97.4mg (24.35%), Vitamin B5: 1.84mg (18.45%), Potassium: 514.64mg (14.7%), Vitamin K: 15.37µg (14.64%), Vitamin E: 2.06mg (13.76%), Iron: 2.16mg (12%), Copper: 0.22mg (10.89%), Manganese: 0.22mg (10.77%), Zinc: 1.29mg (8.59%), Calcium: 53.22mg (5.32%), Vitamin C: 2.76mg (3.34%), Folate: 11.78µg (2.95%), Fiber: 0.69g (2.77%)