



Tuna (Or Fish or Chicken) With Ginger Shiitake Cream Sauce

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounces ahi tuna steaks boneless skinless (or 4 chicken breasts)
- ☐ 3 tablespoons butter
- ☐ 0.3 cup cilantro leaves
- ☐ 2 tablespoons ginger fresh grated
- ☐ 4 garlic cloves
- ☐ 0.3 cup green onion
- ☐ 4 servings ground pepper fresh

- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons soya sauce low-sodium (I suggest)
- ☐ 2 tablespoons olive oil
- ☐ 8 ounces mushroom caps sliced
- ☐ 1.5 cups whipping cream

Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Heat oven to 200 degrees.²
- ☐ Heat a skillet on your stove to medium high.³ Grind a generous amount of pepper onto one side of tuna steaks (skip this if using chicken and see intro for instructions).⁴
- ☐ Add oil to the pan. When it's very hot, add the tuna steaks, pepper side down. Cook for 1-2 minutes per side, until seared but still rare in the center.
- ☐ Remove from the pan and keep warm on a plate, tented with foil, in a 200 degree oven.⁵ In the medium-high pan where you seared the tuna (or chicken), add butter, onion, ginger and garlic.
- ☐ Sautee for a minute, just until the garlic becomes translucent (don't let it brown).⁶
- ☐ Add shiitakes and cook, without stirring, until they brown slightly.
- ☐ Add the soy sauce and cream.
- ☐ Let it cook until it thickens enough to coat the back of a spoon.
- ☐ Add the lime juice and cilantro.⁷
- ☐ Serve tuna, fish or chicken hot atop a bed of greens.
- ☐ Add wasabi mashed potatoes alongside. Top all with the sauce, and garnish with cilantro or chive sprigs.

Nutrition Facts

 **PROTEIN 30.79%**  **FAT 63.96%**  **CARBS 5.25%**

Properties

Glycemic Index:55.75, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:31.041739235754%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 768.55kcal (38.43%), Fat: 54.72g (84.18%), Saturated Fat: 28.57g (178.57%), Carbohydrates: 10.11g (3.37%), Net Carbohydrates: 8.19g (2.98%), Sugar: 4.49g (4.98%), Cholesterol: 286.72mg (95.57%), Sodium: 683.69mg (29.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.27g (118.54%), Vitamin B3: 29.08mg (145.41%), Selenium: 88.23µg (126.04%), Vitamin B6: 2.18mg (108.77%), Phosphorus: 677.95mg (67.8%), Vitamin B5: 4.8mg (48.03%), Potassium: 1301.13mg (37.18%), Vitamin A: 1807.92IU (36.16%), Vitamin B2: 0.58mg (34.32%), Magnesium: 94.91mg (23.73%), Vitamin K: 24.79µg (23.61%), Vitamin E: 2.79mg (18.6%), Zinc: 2.45mg (16.31%), Manganese: 0.29mg (14.7%), Vitamin B1: 0.21mg (13.89%), Vitamin D: 1.91µg (12.73%), Vitamin C: 9.92mg (12.02%), Vitamin B12: 0.67µg (11.18%), Copper: 0.19mg (9.68%), Calcium: 92.39mg (9.24%), Iron: 1.61mg (8.95%), Folate: 32.55µg (8.14%), Fiber: 1.92g (7.69%)