



## Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



12 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 pounds very tuna steak fresh cut
- ☐ 1 medium to 2 hass avocados diced ripe
- ☐ 10 dashes hot sauce (recommended: Tabasco)
- ☐ 2.5 teaspoons kosher salt for sprinkling
- ☐ 6 tablespoons juice of lime freshly squeezed (3 limes)
- ☐ 2 lime zest grated
- ☐ 4 tablespoons olive oil for brushing
- ☐ 0.3 cup onion diced red

- ☐ 0.3 cup scallions white green minced (2 scallions)
- ☐ 2 teaspoons soya sauce
- ☐ 1 teaspoon wasabi powder
- ☐ 0.5 teaspoon coarsely ground black for sprinkling
- ☐ 0.5 teaspoon coarsely ground black for sprinkling

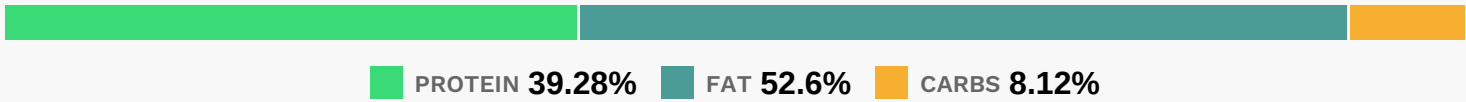
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Brush the tuna steaks with olive oil, and sprinkle with salt and pepper.
- ☐ Place the tuna steaks in a very hot saute pan and cook for only 1 minute on each side. Set aside on a platter.
- ☐ Meanwhile, in a small bowl, combine the olive oil, salt, pepper, lime zest, wasabi, lime juice, soy sauce and hot sauce.
- ☐ Add the avocados to the vinaigrette.
- ☐ Cut the tuna in chunks and place it in a large bowl.
- ☐ Add the scallions and red onion and mix well.
- ☐ Pour the vinaigrette mixture over the tuna and carefully mix.

## Nutrition Facts



## Properties

Glycemic Index:36.5, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:42.066086914228%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg, Hesperetin: 16.42mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 554.52kcal (27.73%), Fat: 32.61g (50.17%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 6.55g (2.38%), Sugar: 1.9g (2.11%), Cholesterol: 86.18mg (28.73%), Sodium: 1722.42mg (74.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.8g (109.6%), Vitamin B12: 21.39µg (356.45%), Selenium: 83.25µg (118.93%), Vitamin B3: 20.77mg (103.83%), Vitamin A: 5115.33IU (102.31%), Vitamin D: 12.93µg (86.18%), Phosphorus: 620.71mg (62.07%), Vitamin B6: 1.21mg (60.35%), Vitamin B1: 0.61mg (40.41%), Vitamin B2: 0.66mg (38.67%), Vitamin E: 5.48mg (36.56%), Magnesium: 135.45mg (33.86%), Vitamin B5: 3.22mg (32.18%), Vitamin K: 32.3µg (30.76%), Vitamin C: 23.73mg (28.76%), Potassium: 916.16mg (26.18%), Fiber: 4.77g (19.09%), Iron: 3.09mg (17.17%), Copper: 0.33mg (16.65%), Folate: 56.67µg (14.17%), Zinc: 1.8mg (12%), Manganese: 0.15mg (7.74%), Calcium: 47.16mg (4.72%)