



HEALTH SCORE

100%

Tuna Steaks with Wasabi-Ginger Glaze



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger marmalade (such as Dundee)
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 2 teaspoons wasabi paste

Equipment

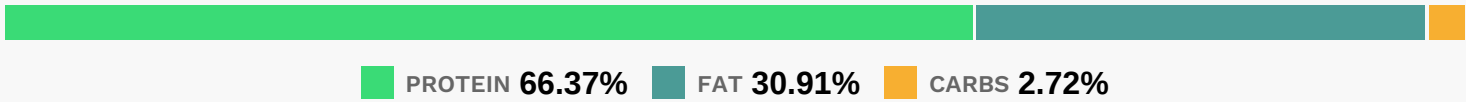
- ☐ bowl
- ☐ frying pan

- ☐ whisk
- ☐ grill pan

Directions

- ☐ Spoon 1 tablespoon soy sauce over fish; let stand 5 minutes.
- ☐ Combine the remaining 1 tablespoon soy sauce, ginger marmalade, and 2 teaspoons wasabi paste in a small bowl, stirring with a whisk.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 2 minutes on each side. Spoon marmalade mixture over tuna; cook 1 minute or until medium-rare or until desired degree of doneness.
- ☐ Remove tuna from pan; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:28.099565404913%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 255.07kcal (12.75%), Fat: 8.4g (12.93%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.1g (0.11%), Cholesterol: 64.64mg (21.55%), Sodium: 355.31mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.6g (81.19%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.15µg (88.79%), Vitamin A: 3727.59IU (74.55%), Vitamin B3: 14.86mg (74.29%), Vitamin D: 9.7µg (64.64%), Phosphorus: 448.61mg (44.86%), Vitamin B6: 0.8mg (39.97%), Vitamin B1: 0.42mg (27.83%), Vitamin B2: 0.45mg (26.5%), Magnesium: 93.85mg (23.46%), Vitamin B5: 1.83mg (18.32%), Potassium: 486.57mg (13.9%), Vitamin E: 1.75mg (11.65%), Iron: 1.89mg (10.52%), Copper: 0.16mg (8.12%), Zinc: 1.14mg (7.58%), Manganese: 0.08mg (3.9%), Calcium: 19.9mg (1.99%), Folate: 7.88µg (1.97%), Vitamin C: 1.28mg (1.55%), Fiber: 0.33g (1.31%)