



 **59%**
HEALTH SCORE

Wasabi Encrusted Tuna Steaks

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



70 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five-spice powder
- 2 pounds ahi tuna steaks
- 1 tablespoon ginger fresh grated
- 2 tablespoons brown sugar light
- 2 tablespoons rice vinegar
- 2 tablespoons sake
- 0.3 cup sesame oil
- 2 tablespoons tamari sauce

1 pound wasabi peas crushed

Equipment

bowl

frying pan

sauce pan

whisk

Directions

In a large bowl, whisk together the five-spice powder, ginger, sake, rice vinegar, tamari, and sesame oil.

Add the tuna steaks and turn to coat; allow to marinate for 30 minutes.

Combine the crushed wasabi peas and brown sugar.

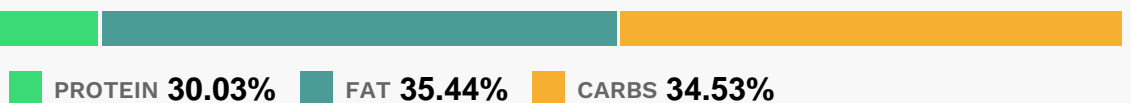
Remove the tuna steaks from the marinade, and press into the pea mixture to coat.

Pour the marinade into a small saucepan and bring to a simmer over medium-high heat. Reduce heat to medium, and simmer until the sauce has reduced and thickened, 5 to 10 minutes.

While the sauce is cooking, sear the tuna in a small amount of oil in a skillet over medium-high heat to desired doneness.

Pour sauce over tuna to serve.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.09, Inflammation Score:-9, Nutrition Score:29.999999574993%

Nutrients (% of daily need)

Calories: 631.74kcal (31.59%), Fat: 24.25g (37.31%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 52.94g (19.25%), Sugar: 9.05g (10.05%), Cholesterol: 57.46mg (19.15%), Sodium: 1000.58mg (43.5%), Alcohol: 0.81g (100%), Alcohol %: 0.39% (100%), Protein: 46.24g (92.48%), Vitamin B12: 14.26µg (237.63%), Iron: 22.16mg (123.12%), Selenium: 55.45µg (79.21%), Vitamin B3: 13.37mg (66.85%), Vitamin A: 3304.27IU (66.09%),

Vitamin D: 8.62µg (57.46%), Phosphorus: 398.04mg (39.8%), Vitamin B6: 0.71mg (35.55%), Vitamin B1: 0.37mg (24.81%), Vitamin B2: 0.39mg (23.08%), Magnesium: 81.2mg (20.3%), Vitamin B5: 1.63mg (16.33%), Vitamin C: 10.74mg (13.01%), Potassium: 422.07mg (12.06%), Vitamin E: 1.64mg (10.95%), Copper: 0.15mg (7.7%), Zinc: 1mg (6.68%), Manganese: 0.09mg (4.38%), Calcium: 24.91mg (2.49%), Vitamin K: 1.24µg (1.18%), Folate: 4.39µg (1.1%)