



Wasabi Yellowfin Tuna



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder chinese
- 2 tablespoons mayonnaise reduced-fat
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon rice vinegar
- 2 tablespoons sesame seed toasted
- 1.5 teaspoons wasabi paste
- 24 ounce yellowfin tuna fillets

Equipment

- bowl
- frying pan
- grill
- glass baking pan

Directions

- Mix together the mayonnaise, wasabi paste, five-spice powder, and 1 tablespoon soy sauce in a small bowl.
- Lay the tuna fillets into a glass baking dish.
- Pour the rice vinegar and 1 tablespoon soy sauce over the tuna.
- Spread the mayonnaise mixture evenly over both sides of each piece of fish. Cover the dish and refrigerate 15 to 30 minutes.
- Prepare a skillet with cooking spray and place over medium-high heat.
- Sprinkle the sesame seeds evenly over both sides of the fillets.
- Lay the tuna gently into the skillet. Grill to desired level of doneness, about 2 minutes per side for medium-rare.
- Serve immediately.

Nutrition Facts

PROTEIN 76.72% **FAT 18.35%** **CARBS 4.93%**

Properties

Glycemic Index:22.5, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:23.962173835091%

Nutrients (% of daily need)

Calories: 233.4kcal (11.67%), Fat: 4.56g (7.01%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 1.96g (0.71%), Sugar: 0.28g (0.31%), Cholesterol: 67.46mg (22.49%), Sodium: 279.43mg (12.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.87g (85.73%), Selenium: 155.76µg (222.51%), Vitamin B3: 31.74mg (158.7%), Vitamin B6: 1.64mg (81.84%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 511.78mg (51.18%), Potassium: 810.24mg (23.15%), Magnesium: 79.51mg (19.88%), Vitamin D: 2.89µg (19.28%), Vitamin B1: 0.24mg (16.02%), Iron: 2.35mg (13.03%), Vitamin B2: 0.22mg (12.95%), Copper: 0.24mg (12%), Manganese: 0.17mg (8.35%), Zinc: 1.06mg (7.06%), Calcium: 56.52mg (5.65%), Vitamin B5: 0.51mg (5.07%), Vitamin E: 0.59mg (3.92%), Vitamin K: 3.93µg (3.74%), Fiber: 0.79g (3.17%), Folate: 9.76µg (2.44%), Vitamin A: 111.08IU (2.22%), Vitamin C: 1mg (1.21%)