

# Ginger Sesame Tuna Steak

Yield: 4 min  
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tuna-steak-recipe>

## Ingredients:

- 12 ounces tuna steak 2-tuna steaks
- 1 teaspoon sesame oil
- 2 teaspoons wasabi
- 2 teaspoons fresh ginger Finely grated
- 3 tablespoons regular soy sauce Low Sodium Soy Sauce, works well too
- 3 tablespoons sesame seeds Toasted for 1 minute in a dry skillet
- 1 tablespoon canola oil

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 710 milligrams

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