

# Peppered Tuna with Wasabi Mayo

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-wasabi-mayo-recipe>

## Ingredients:

- 4 tuna steaks sushi-grade
- 1/2 cup black ground pepper
- wasabi mayonnaise Store bought, or make your own
- 4 tablespoons wasabi powder
- 1/2 cup mayo
- 1 tablespoon honey
- 1 tablespoon water

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 40 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 160 milligrams
9. Sugar: 3 grams

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