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Tuna Wok

A delicious and healthy recipe featuring tuna cooked in a wok. This dish is packed with flavors and is perfect for a quick and easy weeknight dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Tuna
4 tbsp	soy sauce
2 tsp	sesame oil
3 cloves	garlic
1 tsp	Ginger

1 pieces	Red Bell Pepper
1 pieces	Green Bell Pepper
1 pieces	carrot
4 pieces	spring onion
2 tbsp	cornstarch

Directions

Step 1

Cutting

Cut the tuna into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Mince the garlic and ginger.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the red and green bell peppers, carrot, and spring onions.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Sautéing

In a wok, heat the sesame oil over medium heat. Add the minced garlic and ginger and sauté for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stir-frying

Add the sliced bell peppers, carrot, and spring onions to the wok. Stir-fry for 3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Stir-frying

In a small bowl, mix the soy sauce and cornstarch until well combined. Add the mixture to the wok and stir-fry for 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 7

Stir-frying

Add the cubed tuna to the wok and stir-fry for 5 minutes, or until cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Chinese

French

Mediterranean

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Iron

High Calcium

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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