



Adobo Tuna with Black-Eyed Pea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds tuna steaks ()
- ☐ 4 servings black-eyed pea salad
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 slices garnishes: lime cilantro sprigs fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon cracked pepper

☐ 0.3 teaspoon salt

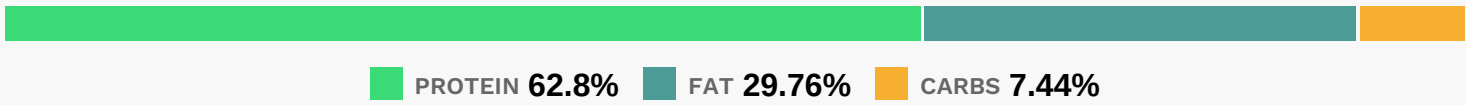
Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a large heavy-duty zip-top plastic bag; add tuna. Seal; chill 1 hour, turning occasionally.
- ☐ Remove tuna from plastic bag, discard marinade.
- ☐ Place tuna on a lightly greased rack in a broiler pan.
- ☐ Broil 4 inches from heat (with electric oven door partially open) 4 minutes or until desired degree of doneness. Do not turn.
- ☐ Serve with Black-Eyed Pea Salad.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:62.053478209869%

Flavonoids

Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1096.21kcal (54.81%), Fat: 34.9g (53.69%), Saturated Fat: 8.83g (55.17%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 13.67g (4.97%), Sugar: 2.92g (3.24%), Cholesterol: 258.55mg (86.18%), Sodium: 415.28mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 165.7g (331.41%), Vitamin B12: 64.16µg (1069.34%), Selenium: 250.97µg (358.53%), Vitamin A: 14877.09IU (297.54%), Vitamin B3: 59.36mg (296.8%), Vitamin D:

38.78µg (258.55%), Phosphorus: 1869.66mg (186.97%), Vitamin B6: 3.22mg (161.24%), Vitamin B1: 1.82mg (121.5%), Vitamin B2: 1.76mg (103.63%), Magnesium: 389.08mg (97.27%), Vitamin B5: 7.56mg (75.56%), Potassium: 1981.78mg (56.62%), Iron: 9.47mg (52.63%), Folate: 193.42µg (48.36%), Vitamin E: 7.25mg (48.36%), Copper: 0.84mg (41.81%), Zinc: 5.25mg (35.02%), Manganese: 0.65mg (32.29%), Fiber: 5.96g (23.84%), Calcium: 89.71mg (8.97%), Vitamin K: 4.51µg (4.3%), Vitamin C: 1.81mg (2.2%)