

 14%
HEALTH SCORE

Baharat Panko Crusted Albacore Tuna

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 strip albacore tuna – sashimi grade
- 1 cup flour
- 1 cup coconut milk
- 1 lemon wedges juiced
- 3 cups panko bread crumbs
- 4 tablespoons baharat spice mix
- 4 servings fleur del sel
- 4 servings pepper black

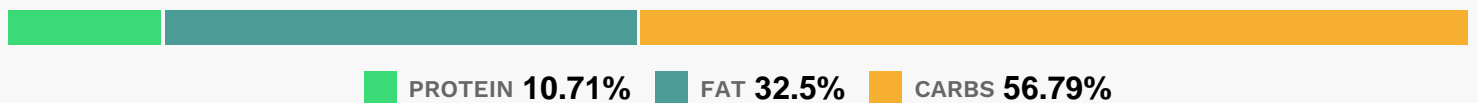
Equipment

- bowl
- frying pan
- paper towels
- knife
- whisk

Directions

- Very gently, cut the tuna in half, length wise. (So it can fit in the pan). Don't push the knife into the fish. The trick is to gently secure the fish with your free hand (so it doesn't move with the knife) and slide your knife back and forth slowly.
- Whisk coconut milk and lemon juice together in a bowl
- Mix panko, baharat, fleur del sel and pepper in a separate bowl
- Put flour in a third bowl
- Season the tuna with fleur del sel and pepper
- Dredge in the flour
- Dip into the coconut mixture
- Finely coat the fish with panko
- Heat oil in a pan over medium-high heat.
- Sear each side of the tuna until the panko turns golden brown on all sides. Rare tuna sea only needs a minute on each side.
- Place tuna onto a paper towel and pat away excess oil.
- Let it set for a few minutes.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:18.88, Inflammation Score:-5, Nutrition Score:14.808260869565%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 19.96%, Saltiness: 6.9%, Sourness: 27.72%, Bitterness: 19.68%, Savoriness: 1.92%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 423.88kcal (21.19%), Fat: 15.37g (23.64%), Saturated Fat: 11.28g (70.51%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 56.49g (20.54%), Sugar: 2.99g (3.32%), Cholesterol: 0.11mg (0.04%), Sodium: 535.51mg (23.28%), Protein: 11.4g (22.79%), Manganese: 1.08mg (53.76%), Vitamin B1: 0.69mg (46.32%), Selenium: 22.12µg (31.6%), Iron: 5.53mg (30.72%), Folate: 113.76µg (28.44%), Vitamin B3: 5.21mg (26.05%), Vitamin B2: 0.34mg (19.82%), Phosphorus: 163.66mg (16.37%), Fiber: 3.92g (15.68%), Copper: 0.29mg (14.45%), Magnesium: 52.83mg (13.21%), Calcium: 98.98mg (9.9%), Zinc: 1.19mg (7.95%), Potassium: 254.11mg (7.26%), Vitamin B5: 0.48mg (4.82%), Vitamin B6: 0.09mg (4.42%), Vitamin C: 2.95mg (3.58%), Vitamin K: 3.23µg (3.08%), Vitamin B12: 0.16µg (2.67%)