

Blackened Tuna

 **Gluten Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds tuna steaks fresh
- 2 tablespoons butter
- 2 tablespoons cajun spice
- 2 tablespoons olive oil

Equipment

- frying pan

Directions

- Generously coat tuna with Cajun seasoning.
- Heat oil and butter in a large skillet over high heat. When oil is nearly smoking, place steaks in pan. Cook on one side for 3 to 4 minutes, or until blackened. Turn steaks, and cook for 3 to 4 minutes, or to desired doneness.

Nutrition Facts

PROTEIN 44.5% **FAT 53.41%** **CARBS 2.09%**

Properties

Glycemic Index:10.83, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:22.22304355183%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 14.31g (22.01%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.24g (0.27%), Cholesterol: 53.12mg (17.71%), Sodium: 75.91mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.65%), Vitamin B12: 10.7µg (178.36%), Vitamin A: 3741.36IU (74.83%), Selenium: 41.58µg (59.41%), Vitamin B3: 10.05mg (50.25%), Vitamin D: 6.46µg (43.09%), Phosphorus: 296.48mg (29.65%), Vitamin B6: 0.57mg (28.3%), Vitamin B1: 0.28mg (18.75%), Vitamin B2: 0.31mg (18.52%), Vitamin E: 2.59mg (17.29%), Magnesium: 60.95mg (15.24%), Vitamin B5: 1.26mg (12.59%), Potassium: 340.13mg (9.72%), Iron: 1.68mg (9.32%), Copper: 0.11mg (5.71%), Zinc: 0.79mg (5.24%), Vitamin K: 5.01µg (4.77%), Fiber: 0.81g (3.26%), Manganese: 0.05mg (2.71%), Calcium: 15.58mg (1.56%)