



Blackened Tuna Steaks with Mango Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



235 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tuna steaks
- 1 tablespoon cayenne pepper
- 1 teaspoon basil dried
- 1 teaspoon thyme leaves dried
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 tablespoon garlic powder
- 1 green onion chopped

- 1 teaspoon ground pepper black
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime
- 1 mangos fresh pitted peeled chopped
- 4 tablespoons olive oil
- 0.5 onion spanish finely chopped
- 1 tablespoon onion powder
- 1 teaspoon oregano dried
- 2 tablespoons paprika
- 0.3 cup bell pepper red finely chopped
- 2 teaspoons salt

Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk together the olive oil, lime juice, and garlic in a bowl. Rub the tuna steaks with the mixture.
- Place the steaks in a sealable container and chill in refrigerator 3 hours.
- Combine the mango, bell pepper, Spanish onion, green onion, cilantro, and jalapeno pepper in a bowl; stir.
- Add the lime juice and 1 1/2 teaspoons olive oil and toss to combine. Chill in refrigerator 1 hour.
- Stir together the paprika, cayenne pepper, onion powder, salt, pepper, thyme, basil, oregano, and garlic powder in a bowl.
- Remove the tuna steaks from the refrigerator and gently rinse with water and then dip each side of each steak in the spice mixture to coat.
- Heat 2 tablespoons olive oil in a large skillet over medium heat. Gently lay the tuna steaks into the hot oil. Cook the tuna on one side for 3 minutes; remove to a plate.

- Pour the remaining 2 tablespoons olive oil into the skillet and let it get hot.
- Lay the tuna with the uncooked side down into the skillet and cook another 3 minutes; remove from heat immediately.
- Spoon about 1/2 cup of the mango salsa onto each of 4 plates.
- Lay the tuna steaks atop the salsa and serve immediately.

Nutrition Facts

PROTEIN 37.38%

FAT 46.93%

CARBS 15.69%

Properties

Glycemic Index:81.44, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:38.819564943728%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 443.95kcal (22.2%), Fat: 23.37g (35.95%), Saturated Fat: 4.29g (26.78%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 13.54g (4.92%), Sugar: 9.11g (10.12%), Cholesterol: 64.6mg (21.53%), Sodium: 1237.63mg (53.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.88g (83.76%), Vitamin B12: 16.03µg (267.18%), Vitamin A: 6914.52IU (138.29%), Selenium: 63.82µg (91.17%), Vitamin B3: 15.78mg (78.92%), Vitamin D: 9.69µg (64.6%), Vitamin B6: 1.08mg (53.98%), Vitamin C: 40.82mg (49.48%), Phosphorus: 482.2mg (48.22%), Vitamin E: 6.05mg (40.32%), Vitamin K: 35.05µg (33.39%), Vitamin B1: 0.48mg (31.92%), Vitamin B2: 0.53mg (31.31%), Magnesium: 111.03mg (27.76%), Potassium: 755.86mg (21.6%), Iron: 3.85mg (21.38%), Vitamin B5: 2.1mg (21.02%), Manganese: 0.38mg (19.03%), Fiber: 4.03g (16.13%), Copper: 0.29mg (14.52%), Folate: 44.16µg (11.04%), Zinc: 1.52mg (10.15%), Calcium: 69.14mg (6.91%)