



 **62%**
HEALTH SCORE

Blackened Tuna With Orange-Zested Salsa

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

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce tuna steaks ()
- 2 teaspoons blackening seasoning
- 2 teaspoons cider vinegar
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup green onions chopped
- 1 jalapeno seeded finely chopped
- 1 tablespoon juice of lime
- 1 teaspoon orange zest

- 0.3 teaspoon salt
- 0.5 cup tomatoes diced seeded
- 1 teaspoon vegetable oil
- 0.5 cup bell pepper yellow chopped

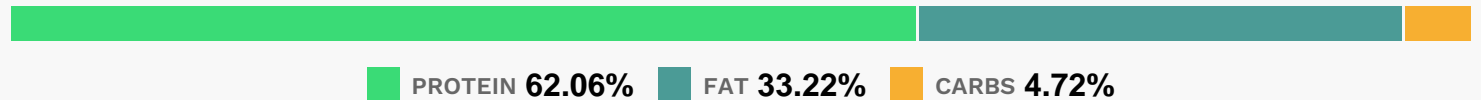
Equipment

- bowl
- frying pan

Directions

- Combine first 9 ingredients in a small bowl; toss gently. Cover and chill 1 hour.
- Sprinkle blackening seasoning on both sides of fish, pressing down firmly to allow seasoning to adhere.
- Heat oil in a heavy-duty cast iron skillet over medium-high heat.
- Add fish, and cook 4 minutes on each side or until fish is medium-rare or desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:31.894782646843%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 268.27kcal (13.41%), Fat: 9.57g (14.72%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.85g (0.95%), Cholesterol: 64.64mg (21.55%), Sodium: 480.8mg (20.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.21g (80.42%), Vitamin B12: 16.04µg (267.34%), Selenium:

62.21µg (88.87%), Vitamin A: 4023.13IU (80.46%), Vitamin B3: 15.09mg (75.43%), Vitamin D: 9.7µg (64.64%), Vitamin C: 43.91mg (53.23%), Phosphorus: 445.14mg (44.51%), Vitamin B6: 0.84mg (42.06%), Vitamin B1: 0.43mg (28.57%), Vitamin B2: 0.44mg (26.11%), Magnesium: 91.7mg (22.92%), Vitamin B5: 1.86mg (18.65%), Vitamin K: 17.77µg (16.92%), Potassium: 546.55mg (15.62%), Vitamin E: 2.07mg (13.78%), Iron: 1.99mg (11.05%), Copper: 0.19mg (9.31%), Zinc: 1.12mg (7.47%), Manganese: 0.09mg (4.5%), Folate: 16.63µg (4.16%), Fiber: 0.73g (2.9%), Calcium: 24.17mg (2.42%)