



Caribbean Tuna

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tuna steaks ()
- ☐ 1 cup cherry tomatoes quartered
- ☐ 1 cup couscous uncooked
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper red

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup orange juice concentrate frozen undiluted thawed
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1.5 cups pineapple fresh chopped
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water
- ☐ 1.5 cups water

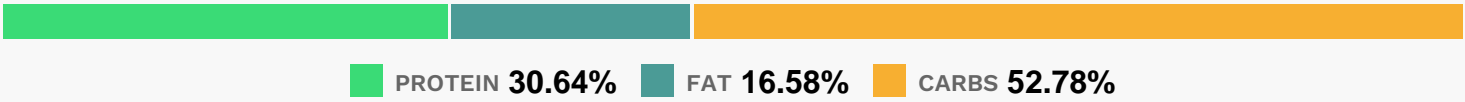
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a medium bowl, stirring well. Cover and set aside.
- ☐ Combine concentrate and next 5 ingredients; reserve one-half of mixture.
- ☐ Pour remaining mixture into a heavy-duty, zip-top plastic bag; add fish. Seal bag, and shake lightly until fish is well coated. Marinate in refrigerator up to 3 hours, turning bag occasionally.
- ☐ Remove fish from marinade, discarding marinade. Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add fish; cook 2 to 3 minutes on each side or until browned.
- ☐ Add reserved juice mixture to skillet. Bring to a boil; reduce heat, and simmer 10 to 12 minutes or until fish flakes easily when tested with a fork.
- ☐ Bring 1 1/2 cups water and salt to a boil in a small saucepan; stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ To serve, place couscous evenly on 4 plates; top couscous with fish. Spoon any remaining pan juices over fish and couscous. Top evenly with reserved pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:81.92, Glycemic Load:25.19, Inflammation Score:-10, Nutrition Score:35.224348047505%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 449.41kcal (22.47%), Fat: 8.22g (12.64%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 58.84g (19.61%), Net Carbohydrates: 54.08g (19.66%), Sugar: 18.07g (20.08%), Cholesterol: 43.09mg (14.36%), Sodium: 208.86mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.32%), Vitamin B12: 10.69µg (178.22%), Vitamin C: 111.18mg (134.77%), Vitamin A: 3120.75IU (62.41%), Vitamin B3: 12.42mg (62.08%), Selenium: 42.33µg (60.46%), Manganese: 1.2mg (59.95%), Vitamin D: 6.46µg (43.09%), Vitamin B6: 0.85mg (42.65%), Phosphorus: 412.96mg (41.3%), Vitamin B1: 0.52mg (34.91%), Magnesium: 110.09mg (27.52%), Vitamin B2: 0.44mg (25.66%), Potassium: 808.67mg (23.1%), Vitamin B5: 2.17mg (21.69%), Copper: 0.39mg (19.53%), Fiber: 4.76g (19.03%), Iron: 3.05mg (16.92%), Folate: 58.36µg (14.59%), Vitamin E: 2.02mg (13.5%), Zinc: 1.38mg (9.18%), Calcium: 74.28mg (7.43%), Vitamin K: 5.42µg (5.16%)