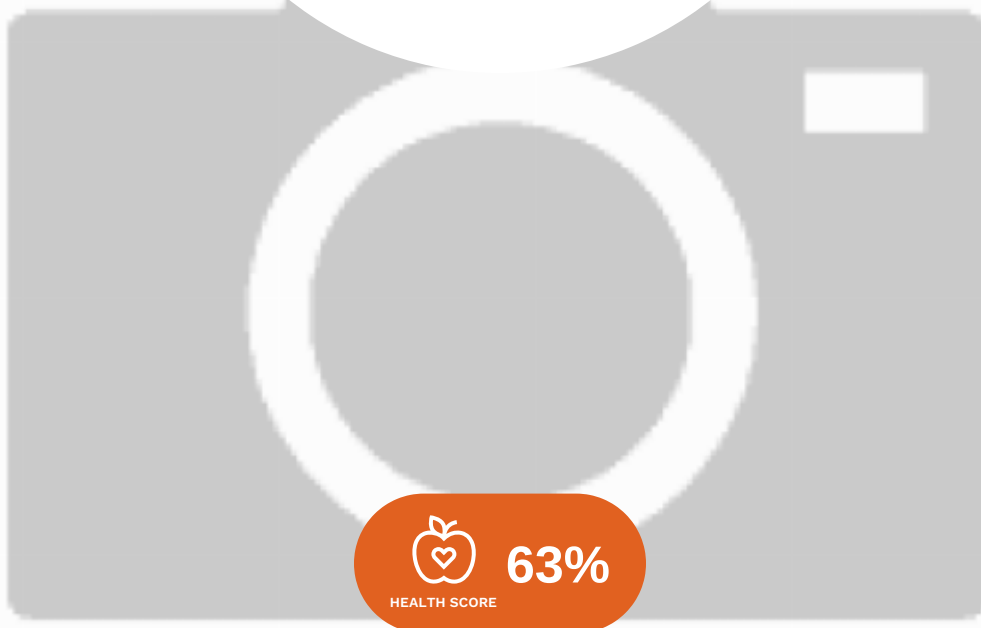


 **63%**
HEALTH SCORE

Grilled Macadamia-Crusted Tuna with Papaya Salsa

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

READY IN

**50 min.**

SERVINGS

**4**

CALORIES

**579 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 0.3 teaspoon chile paste hot to taste
- ☐ 3 eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup macadamia nuts chopped

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups papaya diced
- ☐ 1 bell pepper diced red
- ☐ 0.5 onion diced red
- ☐ 4 servings salt and pepper to taste

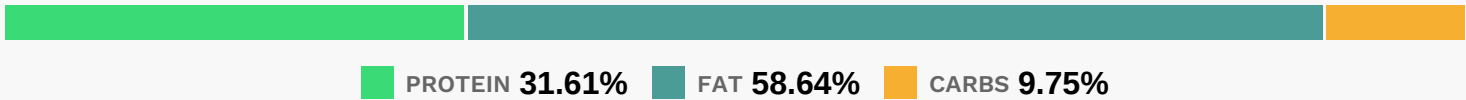
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine the papaya, onion, and red pepper in a bowl.
- ☐ Add the cilantro, lime juice, garlic, and hot chile paste. Toss to combine, then refrigerate until ready to serve.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate.
- ☐ Brush the tuna steaks with olive oil, then season with salt and pepper.
- ☐ Whisk the eggs in a shallow bowl until smooth. Dip the tuna steaks in the egg, and allow excess egg to run off. Press into the macadamia nuts.
- ☐ Cook the tuna steaks on the preheated grill to your desired degree of doneness, about 2 minutes per side for medium.
- ☐ Serve with the papaya salsa.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:43.100869655609%

Flavonoids

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: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 578.62kcal (28.93%), Fat: 37.96g (58.41%), Saturated Fat: 7.14g (44.6%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 10.63g (3.87%), Sugar: 8.36g (9.29%), Cholesterol: 187.4mg (62.47%), Sodium: 316.24mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.05g (92.1%), Vitamin B12: 16.33µg (272.23%), Vitamin A: 5560.09IU (111.2%), Selenium: 73.46µg (104.95%), Vitamin C: 84.73mg (102.71%), Vitamin B3: 15.75mg (78.74%), Vitamin D: 10.36µg (69.04%), Phosphorus: 550.44mg (55.04%), Vitamin B6: 1.02mg (51%), Vitamin B1: 0.67mg (44.41%), Manganese: 0.82mg (41.22%), Vitamin B2: 0.66mg (38.62%), Magnesium: 131.52mg (32.88%), Vitamin E: 4.81mg (32.05%), Vitamin B5: 2.69mg (26.9%), Potassium: 764.4mg (21.84%), Iron: 3.38mg (18.77%), Copper: 0.35mg (17.28%), Folate: 64.38µg (16.09%), Fiber: 3.56g (14.26%), Vitamin K: 14.72µg (14.02%), Zinc: 1.84mg (12.26%), Calcium: 68.97mg (6.9%)