



 **63%**
HEALTH SCORE

Grilled Tuna with Caramelized Onions, Cinnamon and Mint

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

READY IN



70 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tuna steaks thick
- 2 tablespoon canola oil
- 2 cinnamon sticks
- 0.3 cup mint leaves fresh chopped
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 2 large onions halved thinly sliced

- 0.3 cup parsley fresh whole chopped for garnish
- 1 pinch pepper flakes red
- 0.3 cup red wine vinegar
- 1 tablespoon sugar

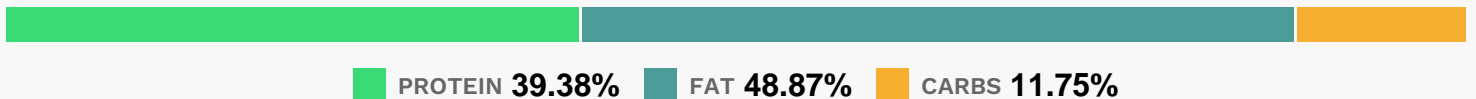
Equipment

- frying pan
- grill

Directions

- Watch how to make this recipe.
- Heat the olive oil over medium heat in a large saute pan.
- Add the onions, sugar, cinnamon and red pepper flakes and sprinkle with salt and pepper. Cook, stirring occasionally, until the onions are golden brown and caramelized, about 30 minutes. Stir in a few tablespoons of water and the vinegar. Taste and season with salt and pepper. Stir in the mint and chopped parsley just before serving.
- Heat the grill to high for direct grilling.
- Brush the tuna on both sides with the canola oil and sprinkle with salt and pepper. Grill the tuna until golden brown and slightly charred on both sides and cooked to medium-rare doneness, about 2 minutes each side.
- Slice the tuna steaks thickly across the grain and shingle them on a serving platter. Spoon the onion mixture down the center. Keep at room temperature about 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:3.71, Inflammation Score:-10, Nutrition Score:35.147826381352%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin: 8.25mg, Apigenin:

8.25mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg, Quercetin: 15.24mg

Nutrients (% of daily need)

Calories: 420.91kcal (21.05%), Fat: 22.5g (34.61%), Saturated Fat: 3.67g (22.93%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 9.59g (3.49%), Sugar: 6.25g (6.94%), Cholesterol: 64.6mg (21.53%), Sodium: 74.24mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.58%), Vitamin B12: 16.03µg (267.18%), Selenium: 62.51µg (89.3%), Vitamin A: 4161.1IU (83.22%), Vitamin B3: 14.92mg (74.62%), Vitamin K: 71.74µg (68.32%), Vitamin D: 9.69µg (64.6%), Phosphorus: 460.33mg (46.03%), Vitamin B6: 0.87mg (43.7%), Vitamin B1: 0.45mg (30.02%), Vitamin B2: 0.46mg (27.05%), Vitamin E: 4.03mg (26.85%), Magnesium: 98.48mg (24.62%), Manganese: 0.49mg (24.36%), Vitamin B5: 1.92mg (19.16%), Potassium: 589.99mg (16.86%), Iron: 2.53mg (14.08%), Vitamin C: 11.57mg (14.03%), Fiber: 2.59g (10.35%), Copper: 0.2mg (9.98%), Zinc: 1.26mg (8.39%), Folate: 26.69µg (6.67%), Calcium: 61.92mg (6.19%)