



Grilled Tuna with Hot Pineapple-Papaya Salsa

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounces tuna steaks
- ☐ 1 serrano chile pepper minced seeded
- ☐ 1 teaspoon chili oil hot
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 ounces somen noodles cooked
- ☐ 1 papaya diced ripe peeled seeded
- ☐ 1 cup pineapple diced

- ☐ 0.3 cup onion red minced
- ☐ 4 servings salt and freshly cracked pepper black

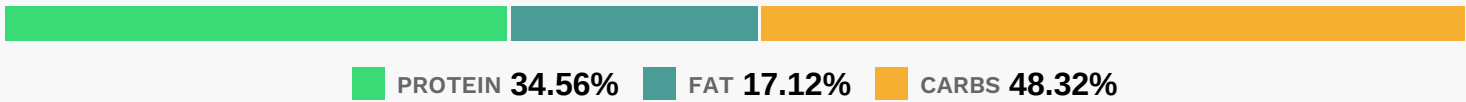
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ stove
- ☐ grill pan

Directions

- ☐ Coat a stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat. Season both sides of tuna with salt and cracked pepper.
- ☐ Place tuna on hot pan and cook 2 to 3 minutes per side for medium doneness.
- ☐ Meanwhile, in a medium bowl, combine pineapple, papaya, onion, chile pepper, lime juice, cilantro, and chili oil.
- ☐ Mix well and season, to taste, with salt.
- ☐ Serve tuna over noodles and spoon salsa over top.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:24.12, Inflammation Score:-10, Nutrition Score:36.658695718516%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 483.02kcal (24.15%), Fat: 9.07g (13.96%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 57.62g (19.21%),
Net Carbohydrates: 53.68g (19.52%), Sugar: 12.13g (13.48%), Cholesterol: 53.86mg (17.95%), Sodium: 259.78mg
(11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.22g (82.43%), Vitamin B12: 13.37µg (222.78%),
Selenium: 88.13µg (125.91%), Vitamin C: 69.72mg (84.51%), Vitamin A: 3871.78IU (77.44%), Vitamin B3: 13.76mg
(68.78%), Vitamin D: 8.08µg (53.86%), Manganese: 0.97mg (48.62%), Phosphorus: 482.75mg (48.27%), Vitamin B6:
0.82mg (41.16%), Magnesium: 123.82mg (30.96%), Vitamin B1: 0.45mg (30.01%), Vitamin B2: 0.43mg (25.23%),
Vitamin B5: 2mg (19.97%), Potassium: 695.97mg (19.88%), Copper: 0.37mg (18.69%), Fiber: 3.94g (15.78%), Iron:
2.54mg (14.13%), Folate: 51.7µg (12.93%), Vitamin E: 1.89mg (12.63%), Zinc: 1.79mg (11.92%), Calcium: 47.59mg
(4.76%), Vitamin K: 3.81µg (3.62%)