



Grilled Tuna with Lemon Anchovy Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks (2 pounds in all)
- ☐ 0.5 teaspoon anchovy paste
- ☐ 4 tablespoons butter at room temperature
- ☐ 1 tablespoon cooking oil
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 servings fresh-ground pepper black
- ☐ 1 teaspoon juice of lemon
- ☐ 4 servings salt

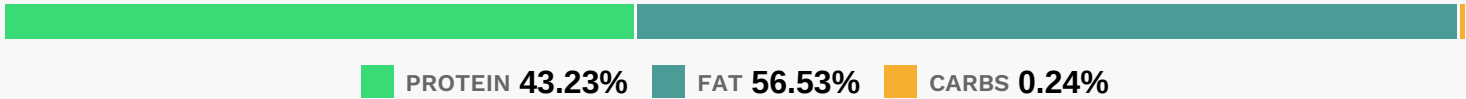
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler

Directions

- ☐ Light the grill or heat the broiler. In a small bowl, combine the butter, anchovy paste, lemon juice, parsley, and a pinch each of salt and pepper.
- ☐ Coat the tuna with the oil.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook the tuna for 4 minutes. Turn and cook until done to your taste, 3 to 4 minutes longer for medium rare. Top the hot fish with the flavored butter.
- ☐ Fish Alternatives: The lemon anchovy butter would also be very good with grilled halibut, swordfish, or salmon steaks.
- ☐ Variation: Grilled Tuna with Sun-Dried-Tomato Basil Butter
- ☐ Mix 1 tablespoon chopped fresh basil, 3 chopped oil-packed or reconstituted sun-dried tomatoes, and a pinch each of salt and pepper into 4 tablespoons room-temperature butter. Use this mixture in place of the lemon anchovy butter.
- ☐ Wine Recommendation: The trick here is to find a wine with enough body to go with the tuna but lots of acidity to stand up to the flavorful lemon anchovy butter. Try a sauvignon blanc from New Zealand or from California.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:29.122608853423%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 378.58kcal (18.93%), Fat: 23.27g (35.8%), Saturated Fat: 9.61g (60.06%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.05g (0.05%), Cholesterol: 95.34mg (31.78%), Sodium: 378.23mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.04g (80.08%), Vitamin B12: 16.06µg (267.69%), Selenium: 62.71µg (89.58%), Vitamin A: 4146.12IU (82.92%), Vitamin B3: 14.88mg (74.41%), Vitamin D: 9.7µg (64.68%), Phosphorus: 437.89mg (43.79%), Vitamin B6: 0.78mg (38.86%), Vitamin B1: 0.41mg (27.48%), Vitamin B2: 0.44mg (25.62%), Magnesium: 86.55mg (21.64%), Vitamin K: 20.13µg (19.17%), Vitamin B5: 1.82mg (18.21%), Vitamin E: 2.67mg (17.82%), Potassium: 444.04mg (12.69%), Iron: 1.85mg (10.25%), Copper: 0.15mg (7.6%), Zinc: 1.06mg (7.09%), Vitamin C: 1.81mg (2.2%), Calcium: 20.72mg (2.07%), Manganese: 0.04mg (2.06%), Folate: 5.7µg (1.43%)