



HEALTH SCORE

100%

Grilled Tuna with Smoked-Almond Romesco Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tuna steaks 1-inch-thick
- 0.3 cup almonds smoked ()
- 1 piece baguette cubed
- 1 cup tomatoes diced canned
- 1 garlic
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin

- 0.3 teaspoon pimenton de la vera
- 2 roasted bell peppers from a jar red drained
- 2 tablespoons sherry vinegar

Equipment

- food processor
- grill

Directions

- Light a grill. In a food processor, coarsely chop the almonds, bread cubes and garlic.
- Add the tomatoes, roasted red peppers, sherry vinegar and pimentn and puree until smooth. With the machine on, gradually add the oil. Season with salt and pepper.
- Season the tuna with salt and pepper. Grill over moderate heat, turning once, for 6 minutes for medium-rare, or 8 minutes for medium.
- Transfer the tuna to plates. Spoon some of the romesco sauce over the fish and pass the rest at the table.

Nutrition Facts



PROTEIN 37.42% **FAT 35.05%** **CARBS 27.53%**

Properties

Glycemic Index:27.94, Glycemic Load:20.78, Inflammation Score:-10, Nutrition Score:39.663478084232%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 522.58kcal (26.13%), Fat: 20.05g (30.85%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 32.13g (11.69%), Sugar: 4.76g (5.29%), Cholesterol: 64.6mg (21.53%), Sodium: 988.38mg (42.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.17g (96.34%), Vitamin B12: 16.03µg (267.18%), Selenium: 73.41µg (104.88%), Vitamin B3: 18.42mg (92.11%), Vitamin A: 3914.72IU (78.29%), Vitamin D: 9.69µg (64.6%), Phosphorus: 551.39mg (55.14%), Vitamin B1: 0.83mg (55.01%), Vitamin B6: 0.96mg (48.11%), Vitamin B2: 0.77mg (45.28%), Vitamin E: 5.4mg (36.02%), Magnesium: 134.7mg (33.67%), Manganese: 0.61mg (30.71%), Iron: 5.05mg (28.07%), Vitamin B5: 2.15mg (21.53%), Potassium: 719.69mg (20.56%), Folate: 82.03µg (20.51%), Copper: 0.38mg (19.19%), Vitamin C: 14.45mg (17.52%), Fiber: 3.31g (13.24%), Calcium: 131.85mg (13.18%), Zinc: 1.93mg (12.84%), Vitamin K: 7.01µg (6.68%)