



Maple-Glazed Tuna with Pear-Potato Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cilantro sprigs
- ☐ 1 tablespoon dijon mustard
- ☐ 1 juice of lime
- ☐ 2 tablespoons maple syrup (see Tip)
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 24 ounce tuna fillets

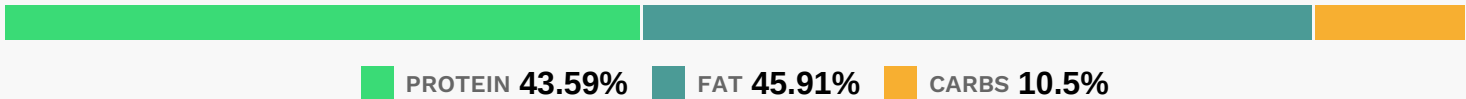
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together the mustard, maple syrup, lime juice, and 1 tablespoon of the olive oil. Set aside.
- ☐ Season the tuna on both sides with salt and pepper.
- ☐ Heat the remaining 3 tablespoons olive oil in a large cast-iron skillet over high heat.
- ☐ Add the tuna and cook for 30 seconds on each side.
- ☐ Remove from the pan and brush both sides of the tuna with the maple-mustard glaze.
- ☐ Transfer to a serving platter and garnish with the cilantro.
- ☐ Serve with the pear-potato salad.
- ☐ Per serving: Calories 334, Total Fat 15g, Saturated Fat 2g, Cholesterol 76mg, Sodium 149mg, Carbohydrate 8g, Fiber 0g, Protein 39g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›
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Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:2.49, Inflammation Score:-5, Nutrition Score:19.985652130583%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 304.3kcal (15.22%), Fat: 15.24g (23.45%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.19g (6.88%), Cholesterol: 61.24mg (20.41%), Sodium: 416.02mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Selenium: 116.63µg (166.62%), Vitamin B3: 16.94mg (84.68%), Vitamin B12: 4.37µg (72.86%), Vitamin B6: 0.55mg (27.65%), Phosphorus: 239.25mg (23.93%), Vitamin E: 2.59mg (17.24%), Iron: 3.04mg (16.88%), Vitamin B2: 0.27mg (16.09%), Manganese: 0.3mg (15.03%), Vitamin K: 14.93µg (14.22%), Vitamin D: 2.04µg (13.61%), Magnesium: 44.31mg (11.08%), Potassium: 348.15mg (9.95%), Zinc: 1.23mg (8.23%), Vitamin A: 238.87IU (4.78%), Calcium: 46.85mg (4.68%), Copper: 0.09mg (4.61%), Vitamin B1: 0.07mg (4.54%), Vitamin C: 2.81mg (3.4%), Vitamin B5: 0.28mg (2.85%), Folate: 9.07µg (2.27%), Fiber: 0.27g (1.09%)