

 100%
HEALTH SCORE

Moroccan-spiced tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 g cilantro leaves (leaves and stalks)
- ☐ 3 garlic clove
- ☐ 0.5 tsp chili powder
- ☐ 1 tbsp juice of lemon
- ☐ 150 ml olive oil extra virgin extra-virgin
- ☐ 32 oz tuna steaks fresh thick

Equipment

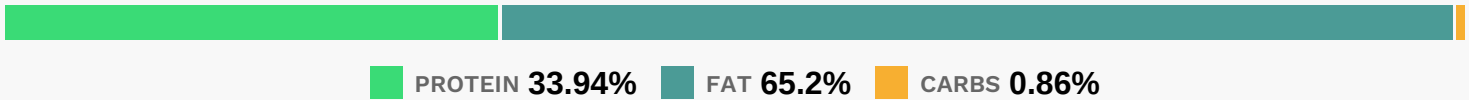
- ☐ frying pan

- ☐ blender
- ☐ grill

Directions

- ☐ Put the coriander, garlic, spices and lemon juice into a blender and blitz to a pure. With the motor running, slowly add the olive oil until you get a smooth, thick sauce. Set aside.
- ☐ Sit the tuna steaks in a non-metallic dish and cover with two-thirds of the sauce. Cover with cling film, then leave to marinate in the fridge for about 20 mins (or for up to 4hrs).
- ☐ Heat a griddle pan or grill. Shake off any excess marinade, season the tuna steaks, then cook for 2-4 mins, depending on thickness for medium rare, turning once (cook 2 mins more for well done).
- ☐ Drizzle over the remaining sauce paste to finish. Try serving with new potatoes; for a Moroccan twist, toss melted butter, harissa spice mix and chopped coriander leaves through the potatoes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:38.026521734569%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 635.52kcal (31.78%), Fat: 45.44g (69.91%), Saturated Fat: 7.59g (47.43%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.18g (0.21%), Cholesterol: 86.18mg (28.73%), Sodium: 97.39mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.22g (106.44%), Vitamin B12: 21.39µg (356.45%), Selenium: 83.22µg (118.88%), Vitamin A: 5388.86IU (107.78%), Vitamin B3: 19.74mg (98.7%), Vitamin D: 12.93µg (86.18%), Phosphorus: 583.22mg (58.32%), Vitamin B6: 1.08mg (53.8%), Vitamin E: 7.46mg (49.73%), Vitamin B1: 0.56mg (37.08%), Vitamin K: 36.51µg (34.77%), Vitamin B2: 0.58mg (34.33%), Magnesium: 115.99mg (29%), Vitamin B5:

2.44mg (24.4%), Potassium: 617.39mg (17.64%), Iron: 2.69mg (14.96%), Copper: 0.22mg (10.85%), Zinc: 1.43mg (9.52%), Manganese: 0.1mg (4.96%), Vitamin C: 3.51mg (4.25%), Calcium: 27.25mg (2.72%), Folate: 8.55µg (2.14%), Fiber: 0.32g (1.26%)