



Portuguese Fresh Tuna (Sauce and Marinade)

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large tuna steaks fresh
- ☐ 0.5 cup butter
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 cup catsup
- ☐ 1 cup olive oil
- ☐ 2 tablespoons paprika hot
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

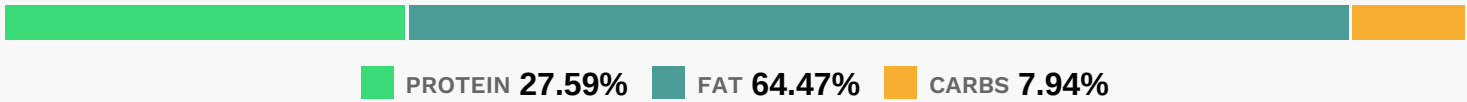
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ In a large resealable plastic bag, mix 3 tablespoons pimenta moida, 1/4 cup cider vinegar, 1/2 teaspoon salt, 1/3 teaspoon pepper, 1 tablespoon garlic powder, and 2 tablespoons hot paprika.
- ☐ Place tuna steaks in the bag, seal, and gently shake to coat. Marinate in the refrigerator 1 1/2 to 3 hours.
- ☐ Melt the butter and heat the olive oil in a large, heavy cast iron skillet over medium-high heat. Discard marinade, and place tuna steaks in the skillet. Fry 2 1/2 minutes on each side, or until fish is easily flaked with a fork.
- ☐ Remove from skillet and drain on paper towels.
- ☐ Mix 1/4 cup pimenta moida, ketchup, 1/4 cup cider vinegar, water, 2 tablespoons hot paprika, 1/2 teaspoon salt, 1/3 teaspoon pepper, and 1 tablespoon garlic powder into the skillet. Scrape up browned bits, and cook sauce 3 minutes, or until slightly thickened. Scoop a portion of the sauce over the cooked fish to serve, and serve remaining sauce as a gravy for rice and potatoes.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:32.801304153774%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 594.07kcal (29.7%), Fat: 42.64g (65.61%), Saturated Fat: 18.3g (114.37%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 10.29g (3.74%), Sugar: 6.88g (7.64%), Cholesterol: 125.61mg (41.87%), Sodium: 816.85mg (35.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.06g (82.11%), Vitamin B12: 16.08µg (267.99%), Vitamin A: 6298.89IU (125.98%), Selenium: 63.27µg (90.38%), Vitamin B3: 15.52mg (77.61%), Vitamin D: 9.69µg (64.6%), Phosphorus: 467.14mg (46.71%), Vitamin B6: 0.93mg (46.51%), Vitamin E: 5.39mg (35.9%), Vitamin B2: 0.53mg (31.31%), Vitamin B1: 0.43mg (28.99%), Magnesium: 98.42mg (24.61%), Vitamin B5: 1.94mg (19.42%), Potassium: 636.46mg (18.18%), Iron: 2.81mg (15.59%), Vitamin K: 12.48µg (11.88%), Copper: 0.21mg (10.67%), Manganese: 0.19mg (9.48%), Zinc: 1.32mg (8.79%), Fiber: 1.53g (6.13%), Calcium: 37.02mg (3.7%), Folate: 9.63µg (2.41%), Vitamin C: 1.29mg (1.56%)