



Quick Seared Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

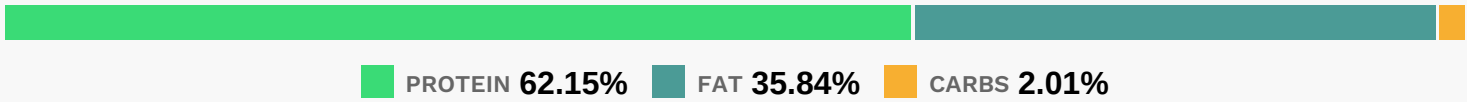
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a small bowl, stirring well with a whisk. Set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle steaks with salt and pepper; add steaks to pan. Cook 4 minutes on each side until steaks are medium-rare or desired degree of doneness.
- ☐ Transfer steaks to a serving dish, and keep warm.
- ☐ Pour sherry mixture into pan. Cook 1 to 1 1/2 minutes or until reduced to 2 tablespoons, stirring to deglaze pan; pour over steaks.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:28.176956728749%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 281.04kcal (14.05%), Fat: 10.37g (15.95%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.25g (0.28%), Cholesterol: 64.64mg (21.55%), Sodium: 500.6mg (21.77%), Alcohol: 1.54g (100%), Alcohol %: 0.98% (100%), Protein: 40.46g (80.92%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.16µg (88.8%), Vitamin A: 3716.46IU (74.33%), Vitamin B3: 14.84mg (74.18%), Vitamin D: 9.7µg (64.64%), Phosphorus: 448.95mg (44.89%), Vitamin B6: 0.8mg (39.82%), Vitamin B1: 0.42mg (27.67%), Vitamin B2: 0.45mg (26.44%), Magnesium: 92.8mg (23.2%), Vitamin B5: 1.83mg (18.33%), Potassium: 475.21mg (13.58%), Vitamin E: 2.03mg (13.55%), Iron: 1.92mg (10.69%), Copper: 0.16mg (7.76%), Zinc: 1.11mg (7.39%), Manganese: 0.11mg (5.5%), Calcium: 19.1mg (1.91%), Folate: 7.49µg (1.87%), Vitamin K: 1.7µg (1.62%), Vitamin C: 1.13mg (1.36%)