

food
network



HEALTH SCORE

62%

Rock Salt Crusted Ahi Tuna in Orange Coconut Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds loin of ahi tuna not steaks
- ☐ 15.5 ounce coconut milk canned
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 0.3 cup grapeseed oil
- ☐ 4 orange zest juiced
- ☐ 6 servings salt and pepper black freshly ground

☐ 2 tablespoons water

Equipment

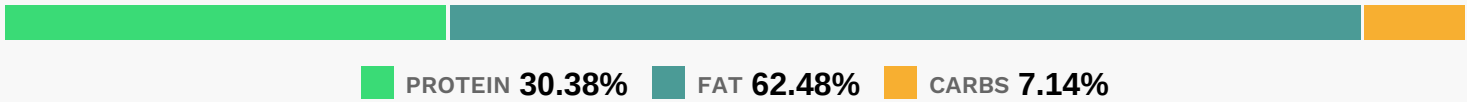
☐ frying pan

☐ sauce pan

Directions

- ☐ In a heavy bottom sauce pan, add coconut milk and orange juice, and over medium-high heat, reduce liquid by half. Thicken by mixing the cornstarch and water together to form a slurry and adding to the reduced mixture, stirring constantly. Reduce the heat and simmer for 2 to 3 minutes more.
- ☐ Add tarragon and orange zest, turn off heat, and allow to rest.
- ☐ Take the tuna and season the whole outside with salt and pepper (if the tuna loin is too big, you may cut in half or quarters lengthwise for ease of cooking). Using a heavy bottom skillet or saute pan, add grape seed oil and heat until smoking.
- ☐ Place tuna loin in oil gently and leave for 2 minutes or until golden brown on that side. Turn and repeat on all sides of tuna.
- ☐ Remove from heat and allow to rest for 5 minutes.
- ☐ To serve, place a little sauce on plate, slice the tuna thinly, and arrange on sauce. The tuna should have an appearance of being cooked on the outside and raw on the inside.
- ☐ Note: please use only high-quality tuna

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:31.082608782079%

Nutrients (% of daily need)

Calories: 485.62kcal (24.28%), Fat: 33.97g (52.26%), Saturated Fat: 18.24g (113.97%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 6.19g (2.25%), Sugar: 2.45g (2.72%), Cholesterol: 57.46mg (19.15%), Sodium: 70.91mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.33%), Vitamin B12: 14.26µg (237.63%), Selenium: 59.9µg (85.57%), Vitamin B3: 13.74mg (68.72%), Vitamin A: 3348.79IU (66.98%), Vitamin D: 8.62µg (57.46%),

Phosphorus: 460.51mg (46.05%), Vitamin B6: 0.73mg (36.73%), Manganese: 0.73mg (36.71%), Vitamin E: 4.26mg (28.39%), Magnesium: 105.91mg (26.48%), Vitamin B1: 0.39mg (26.26%), Vitamin B2: 0.39mg (23.02%), Vitamin B5: 1.77mg (17.68%), Potassium: 602.06mg (17.2%), Copper: 0.34mg (16.9%), Iron: 2.94mg (16.32%), Vitamin C: 13.1mg (15.88%), Fiber: 2.53g (10.13%), Zinc: 1.43mg (9.56%), Folate: 18.07µg (4.52%), Calcium: 41.14mg (4.11%)