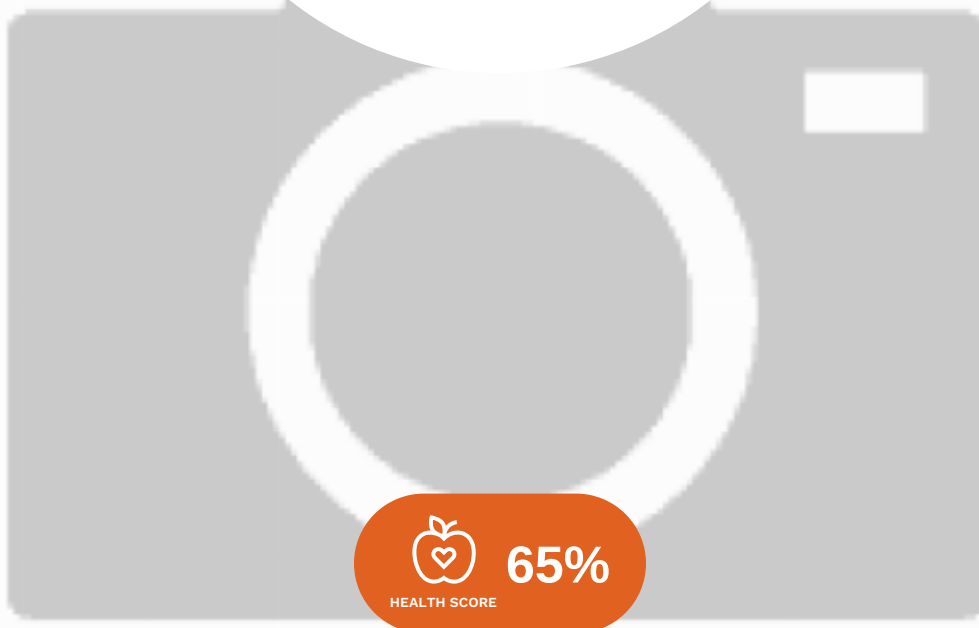




Savory Pan-Seared Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tuna steaks 1-inch-thick thawed
- ☐ 1 teaspoon cayenne pepper to taste
- ☐ 6 slices ginger fresh minced thin
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons blackstrap molasses
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 teaspoons asian sesame oil toasted ()

☐ 0.3 cup soya sauce

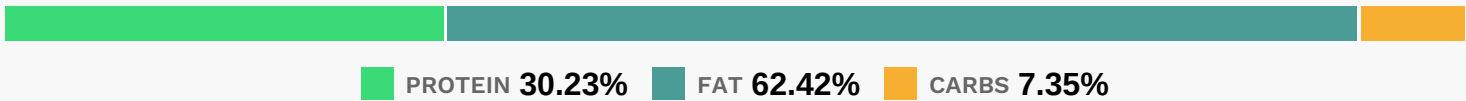
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Mix soy sauce, olive oil, lemon juice, sesame oil, molasses, cayenne pepper, ginger, and garlic together in a bowl.
- ☐ Place tuna steaks in a large resealable bag or airtight container; pour marinade over steaks. Marinate steaks at room temperature for 20 minutes.
- ☐ Heat a non-stick pan over medium heat.
- ☐ Remove steaks from marinade and arrange in the hot pan; gently shake pan to avoid sticking. Cook approximately 1 1/2 minutes and flip. Cook other side until tuna is desired doneness, 1 to 2 more minutes. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:33.70478246523%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 572.29kcal (28.61%), Fat: 39.63g (60.98%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 9.77g (3.55%), Sugar: 6.34g (7.04%), Cholesterol: 64.6mg (21.53%), Sodium: 1691.11mg (73.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.18g (86.36%), Vitamin B12: 16.03µg (267.18%), Selenium: 64.1µg (91.57%), Vitamin A: 4128.37IU (82.57%), Vitamin B3: 16.09mg (80.45%), Vitamin D: 9.69µg (64.6%), Phosphorus: 482.43mg (48.24%), Vitamin B6: 0.96mg (47.83%), Vitamin E: 5.98mg (39.89%), Magnesium: 119.29mg (29.82%), Vitamin B1: 0.44mg (29.6%), Vitamin B2: 0.49mg (28.69%), Vitamin B5: 2.01mg (20.07%), Potassium: 664.87mg (19%), Manganese: 0.36mg (18.15%), Iron: 3.08mg (17.13%), Vitamin K: 17.66µg (16.82%), Copper: 0.25mg (12.4%), Vitamin C: 7.8mg (9.46%), Zinc: 1.25mg (8.35%), Calcium: 42.79mg (4.28%), Folate: 13.43µg (3.36%), Fiber: 0.73g (2.93%)