



Seared Herbed Tuna



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



9 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce ahi tuna steak (1/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons herbs de provence
- ☐ 4 lemon wedges
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt

Equipment

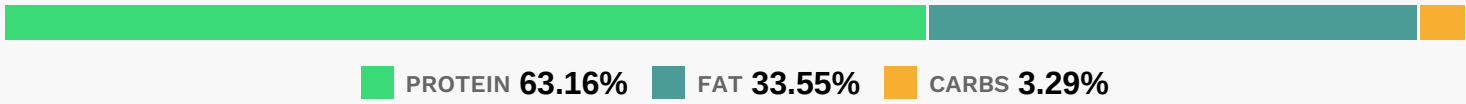
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Brush fish with oil; sprinkle with herb mixture.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add fish; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Garnish with lemon wedges.
- ☐ Serve with: Nioise Salad

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:28.962173638136%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 260.69kcal (13.03%), Fat: 9.43g (14.51%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.46g (0.51%), Cholesterol: 64.64mg (21.55%), Sodium: 212.36mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.94g (79.88%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.19µg (88.84%), Vitamin A: 3736.86IU (74.74%), Vitamin B3: 14.76mg (73.82%), Vitamin D: 9.7µg (64.64%), Phosphorus: 436.13mg (43.61%), Vitamin B6: 0.79mg (39.57%), Vitamin B1: 0.42mg (27.99%), Vitamin B2: 0.43mg (25.46%), Magnesium: 87.81mg (21.95%), Vitamin B5: 1.83mg (18.29%), Iron: 2.48mg (13.78%), Potassium: 459.26mg (13.12%), Vitamin E: 1.91mg (12.74%), Vitamin C: 9.79mg (11.87%), Vitamin K: 9.38µg (8.93%), Copper: 0.16mg (7.95%), Zinc: 1.06mg (7.09%), Manganese: 0.09mg (4.33%), Fiber: 0.72g (2.88%), Calcium: 28.39mg (2.84%), Folate: 6.77µg (1.69%)