



Seared Mediterranean Tuna Steaks

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 1 tablespoon capers drained
- 1 tablespoon olive oil extravirgin
- 3 tablespoons parsley fresh chopped
- 0.3 cup green onions chopped
- 0.5 teaspoon ground coriander
- 12 kalamata olives pitted chopped

- 1 tablespoon juice of lemon
- 0.5 teaspoon salt divided
- 1.5 cups tomatoes seeded chopped
- 24 ounce yellowfin tuna steaks (3/)

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Sprinkle fish with 1/4 teaspoon salt, coriander, and pepper. Coat pan with cooking spray.
- Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- While fish cooks, combine remaining 1/4 teaspoon salt, tomato, and remaining ingredients.
- Serve tomato mixture over fish.

Nutrition Facts

PROTEIN 69.76% **FAT 23.63%** **CARBS 6.61%**

Properties

Glycemic Index:41, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:28.119565321052%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 250kcal (12.5%), Fat: 6.39g (9.83%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.81g (2.02%), Cholesterol: 66.34mg (22.11%), Sodium: 615.6mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.46g (84.92%), Selenium: 154.44µg (220.63%), Vitamin B3: 31.93mg (159.64%), Vitamin B6: 1.65mg (82.6%), Vitamin K: 69.6µg (66.29%), Vitamin B12: 3.54µg (58.97%),

Phosphorus: 493.39mg (49.34%), Potassium: 932.72mg (26.65%), Vitamin D: 2.89µg (19.28%), Vitamin A: 933.07IU (18.66%), Magnesium: 71.73mg (17.93%), Vitamin C: 14.6mg (17.7%), Vitamin B1: 0.23mg (15.54%), Vitamin B2: 0.22mg (12.93%), Vitamin E: 1.75mg (11.68%), Iron: 1.91mg (10.63%), Copper: 0.13mg (6.59%), Manganese: 0.12mg (6.16%), Fiber: 1.54g (6.15%), Vitamin B5: 0.56mg (5.56%), Folate: 21.94µg (5.49%), Zinc: 0.81mg (5.43%), Calcium: 31.69mg (3.17%)