



Seared Pimentón-Crusted Tuna with Chickpea Artichoke Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 servings chickpea artichoke salad
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon paprika spanish (pimentón)
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce tuna fillets

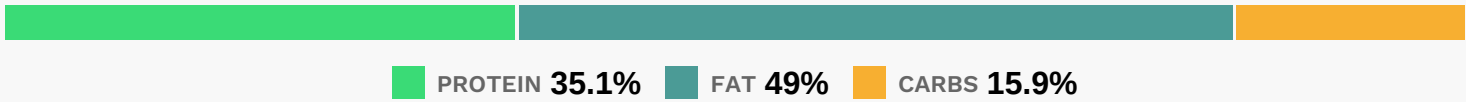
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together olive oil and next 3 ingredients in a small bowl.
- ☐ Coat tuna with oil mixture, and sear in hot (slightly smoking) cast-iron skillet for 1 1/2 to 2 minutes per side or until rare to medium-rare.
- ☐ Serve over Chickpea Artichoke Salad.

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:31.461739032165%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 577.91kcal (28.9%), Fat: 31.26g (48.1%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 16.53g (6.01%), Sugar: 3.99g (4.43%), Cholesterol: 81.65mg (27.22%), Sodium: 1084.41mg (47.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.38g (100.76%), Selenium: 156.81µg (224.02%), Vitamin B3: 22.94mg (114.71%), Vitamin B12: 5.83µg (97.14%), Manganese: 0.91mg (45.33%), Phosphorus: 448.99mg (44.9%), Vitamin B6: 0.84mg (42.18%), Folate: 150.7µg (37.67%), Iron: 6.33mg (35.17%), Vitamin E: 4.94mg (32.96%), Fiber: 6.29g (25.16%), Magnesium: 91.9mg (22.97%), Copper: 0.4mg (19.99%), Vitamin K: 20.25µg (19.29%), Zinc: 2.76mg (18.38%), Potassium: 642.43mg (18.36%), Vitamin D: 2.72µg (18.14%), Vitamin B2: 0.24mg (14.05%), Vitamin B1: 0.16mg (10.93%), Calcium: 82.27mg (8.23%), Vitamin B5: 0.58mg (5.76%), Vitamin A: 190.68IU (3.81%), Vitamin C: 2.64mg (3.2%)