



## Seared Spicy Tuna on Basil Parmesan Crisps With Apricot Jam

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup apricot preserves
- 0.3 cup basil fresh chopped
- 1 tsp olive oil
- 0.8 cup parmesan cheese grated
- 2 tablespoons cajun spice rub
- 1 pound sushi grade tuna

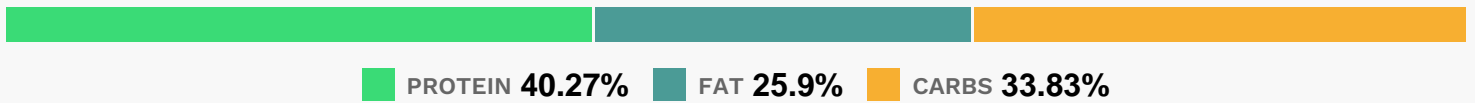
### Equipment

- bowl
- frying pan
- baking sheet
- oven
- wax paper

## Directions

- Rub tuna with Cajun seasoning and set aside. In small bowl mix cheese and basil.
- Place tablespoons of the cheese mixture on a baking sheet lined with a silicon baking mat or wax paper sprayed with nonstick spray.
- Bake in a 350-degree oven for 6 minutes or until cheese is melted and golden. Set aside to cool.
- Heat oil in a medium pan and cook tuna 2 min per side for medium rare. Thinly slice tuna place it on top of the Parmesan crisps along with a dollop of apricot jam.

## Nutrition Facts



## Properties

Glycemic Index:5.31, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:5.0639130654542%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 68.18kcal (3.41%), Fat: 1.99g (3.06%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.51g (2.01%), Sugar: 3.3g (3.67%), Cholesterol: 14.28mg (4.76%), Sodium: 147.69mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Selenium: 21.07µg (30.09%), Vitamin B3: 2.91mg (14.55%), Vitamin B12: 0.79µg (13.2%), Vitamin A: 522.62IU (10.45%), Phosphorus: 71.74mg (7.17%), Vitamin B6: 0.12mg (5.77%), Calcium: 50.69mg (5.07%), Iron: 0.73mg (4.05%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.44mg (2.9%), Vitamin E: 0.43mg (2.83%), Magnesium: 10.25mg (2.56%), Vitamin K: 2.56µg (2.44%), Potassium: 85.27mg (2.44%), Vitamin D: 0.36µg (2.42%), Manganese: 0.03mg (1.53%), Copper: 0.03mg (1.53%), Fiber: 0.33g (1.33%)