



 **100%**
HEALTH SCORE

Seared Tuna Steaks with Red Pepper Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 inch thick tuna steaks
- ☐ 5 sprigs cilantro leaves
- ☐ 6 cloves garlic
- ☐ 1 cup olive oil
- ☐ 2 tablespoons paprika
- ☐ 0.5 teaspoon pepper flakes red hot
- ☐ 3 pasilla peppers red seeded cut in large chunks
- ☐ 4 servings salt and pepper to taste

☐ 0.3 red-wine vinegar

Equipment

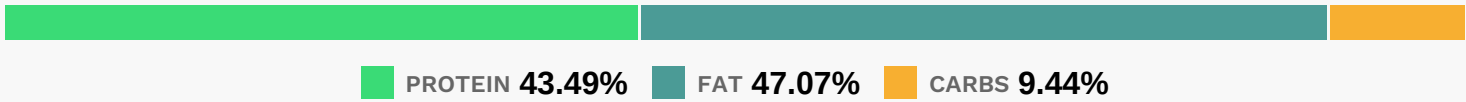
☐ food processor

☐ frying pan

Directions

- ☐ Put all but last ingredient in a food processor, and grind until smooth. With the motor running, slowly pour the oil and process a few seconds.
- ☐ Transfer to a glass jar, and store in the refrigerator. Simply sear 1-inch thick tuna steaks in a very hot skillet with a few drops of olive oil, about 1 minute on each side, a drop longer for medium rare. Slice against the grain, and serve with the sauce

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:39.821739020555%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 381.41kcal (19.07%), Fat: 19.92g (30.65%), Saturated Fat: 3.77g (23.53%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.2g (4.66%), Cholesterol: 64.6mg (21.53%), Sodium: 272.4mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.84%), Vitamin B12: 16.03µg (267.18%), Vitamin A: 8491.38IU (169.83%), Vitamin C: 116.43mg (141.12%), Selenium: 63.08µg (90.11%), Vitamin B3: 16.03mg (80.14%), Vitamin D: 9.69µg (64.6%), Vitamin B6: 1.17mg (58.67%), Phosphorus: 474.97mg (47.5%), Vitamin E: 5.85mg (39.01%), Vitamin B2: 0.56mg (32.79%), Vitamin B1: 0.48mg (32.06%), Magnesium: 104.17mg (26.04%), Vitamin B5: 2.21mg (22.07%), Vitamin K: 22.64µg (21.56%), Potassium: 734.08mg (20.97%), Iron: 3.09mg (17.16%), Manganese: 0.27mg (13.65%), Fiber: 3.36g (13.42%), Folate: 48.1µg (12.02%), Copper: 0.21mg (10.43%), Zinc: 1.47mg (9.81%), Calcium: 38.93mg (3.89%)