



HEALTH SCORE 100%

Seared Tuna with Avocado and Salsa Verde

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tuna steaks (2 pounds in all)
- 1 teaspoon anchovy paste
- 1 avocado cut into 1/2-inch chunks
- 3 tablespoons capers drained
- 0.5 teaspoon dijon mustard
- 0.7 cup lightly flat-leaf parsley leaves packed
- 1 clove garlic smashed
- 0.3 teaspoon fresh-ground pepper black

- 4 teaspoons juice of lemon
- 0.5 cup olive oil
- 0.8 teaspoon salt

Equipment

- food processor
- frying pan
- grill pan

Directions

- Put the parsley, capers, garlic, lemon juice, anchovy paste, mustard, 1/2 teaspoon of the salt, and 1/8 teaspoon of the pepper into a food processor. Pulse to chop, six to eight times. With the machine running, add the 1/2 cup oil in a thin stream to make a coarse puree. Leave the sauce in the food processor and, if necessary, pulse to re-emulsify just before serving.
- Heat a grill pan or heavy cast-iron pan over moderately high heat. Rub the tuna steaks all over with the 1 tablespoon oil.
- Sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook the fish for 3 minutes. Turn and cook until done to your taste, 3 to 4 minutes longer for medium rare. To serve, top the tuna steaks with the avocado and drizzle with the sauce.
- Fish Alternatives: Firm fish steaks, such as sturgeon, mako shark, and swordfish, all make excellent alternatives to the tuna. You'll want to cook them longer until just done, rather than medium rare.
- Wine Recommendation: The brazen flavors of anchovy paste and capers make a white wine with lots of acidity a must. A Sancerre or a lighter-styled Muscadet de Svre-et-Maine, both from the Loire Valley in France, are good examples.

Nutrition Facts


PROTEIN 43.47% **FAT 50.35%** **CARBS 6.18%**

Properties

Glycemic Index:41.5, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:38.745216929394%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

Nutrients (% of daily need)

Calories: 383.98kcal (19.2%), Fat: 21.43g (32.98%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.58g (0.65%), Cholesterol: 65.88mg (21.96%), Sodium: 739.82mg (32.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.64g (83.29%), Vitamin B12: 16.04µg (267.4%), Vitamin K: 179.69µg (171.13%), Vitamin A: 4637.24IU (92.74%), Selenium: 63.69µg (90.98%), Vitamin B3: 16.07mg (80.35%), Vitamin D: 9.72µg (64.77%), Phosphorus: 470.53mg (47.05%), Vitamin B6: 0.93mg (46.42%), Vitamin B1: 0.46mg (30.55%), Vitamin B2: 0.52mg (30.46%), Magnesium: 108.6mg (27.15%), Vitamin B5: 2.56mg (25.6%), Vitamin C: 20.75mg (25.16%), Vitamin E: 3.71mg (24.71%), Potassium: 748.97mg (21.4%), Iron: 2.87mg (15.96%), Fiber: 3.98g (15.91%), Folate: 61.97µg (15.49%), Copper: 0.29mg (14.48%), Zinc: 1.52mg (10.15%), Manganese: 0.15mg (7.59%), Calcium: 42.24mg (4.22%)