



Seared Tuna with Olive-Rosemary Pesto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup butter



4 servings olive-rosemary pesto



0.3 teaspoon pepper



0.3 teaspoon salt



24 ounce tuna fillets

Equipment

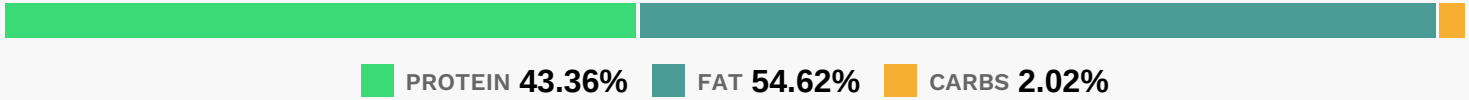


frying pan

Directions

- ☐ Sprinkle tuna fillets evenly with salt and pepper.
- ☐ Melt butter in a large skillet over medium-high heat; add tuna, and cook 7 minutes on each side or to desired degree of doneness.
- ☐ Serve with Olive-Rosemary Pesto.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:18.263477984897%

Nutrients (% of daily need)

Calories: 313.46kcal (15.67%), Fat: 18.57g (28.58%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.48g (0.53%), Cholesterol: 62.44mg (20.81%), Sodium: 791.92mg (34.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Selenium: 115.33µg (164.76%), Vitamin B3: 16.88mg (84.39%), Vitamin B12: 4.39µg (73.09%), Vitamin B6: 0.55mg (27.3%), Phosphorus: 236.49mg (23.65%), Vitamin A: 907.53IU (18.15%), Iron: 2.94mg (16.34%), Vitamin D: 2.04µg (13.61%), Magnesium: 39.77mg (9.94%), Potassium: 307.02mg (8.77%), Vitamin B2: 0.14mg (8.53%), Zinc: 1.12mg (7.5%), Vitamin E: 1mg (6.68%), Calcium: 59.67mg (5.97%), Copper: 0.08mg (4.17%), Vitamin B1: 0.05mg (3.51%), Vitamin B5: 0.27mg (2.65%), Manganese: 0.05mg (2.43%), Folate: 6.97µg (1.74%), Fiber: 0.27g (1.09%)