



Tuna Scaloppine with Onion, Mint, and Almond Topping



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds finely chopped
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon fennel seeds finely chopped
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.5 teaspoon sea salt divided fine

- ☐ 0.3 cup tangerine juice fresh
- ☐ 24 ounce sushi-grade shiro/magura yellowfin tuna steaks split

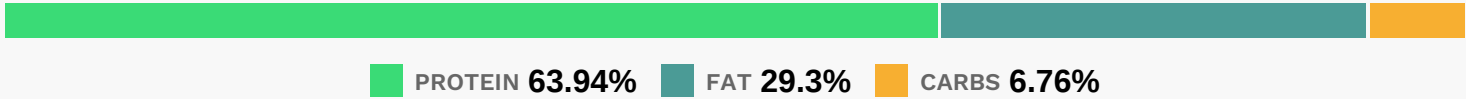
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Sprinkle fish evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 4 fish slices; cook 1 minute on each side or until desired degree of doneness. Repeat procedure with remaining fish.
- ☐ Serve with almond mixture.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:25.613478214844%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 2.9mg, Hesperetin: 2.9mg, Hesperetin: 2.9mg, Hesperetin: 2.9mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 279.97kcal (14%), Fat: 8.9g (13.69%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.13g (2.37%), Cholesterol: 66.34mg (22.11%), Sodium: 368.79mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.69g (87.38%), Selenium: 154.53µg (220.75%), Vitamin B3: 31.87mg (159.37%), Vitamin B6: 1.62mg (80.84%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 522.91mg (52.29%), Potassium: 872.3mg (24.92%), Magnesium: 88.8mg (22.2%), Vitamin E: 3.22mg (21.49%), Vitamin D: 2.89µg (19.28%), Vitamin B2: 0.31mg (18.23%), Manganese: 0.31mg (15.67%), Vitamin B1: 0.23mg (15.57%), Iron: 1.9mg (10.57%), Copper: 0.17mg (8.68%), Vitamin C: 5.76mg (6.98%), Zinc: 0.96mg (6.41%), Fiber: 1.6g (6.38%), Vitamin B5: 0.56mg (5.56%), Vitamin A: 249.21IU (4.98%), Calcium: 45.16mg (4.52%), Folate: 11.95µg (2.99%), Vitamin K: 2.71µg (2.58%)