



Tuna steaks with cucumber relish



Gluten Free



Dairy Free



Very Healthy

READY IN



19 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 4 ahi tuna steak
- ☐ 0.5 cucumber
- ☐ 2 spring onion finely chopped
- ☐ 1 medium tomatoes finely chopped
- ☐ 0.5 large to 5 chilies red seeded finely chopped
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp parsley chopped

☐ 1 tbsp juice of lemon

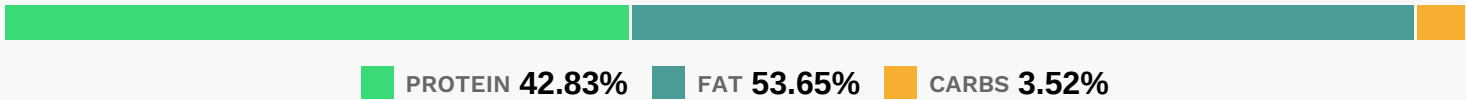
Equipment

☐ frying pan

Directions

- ☐ Put the oil into a food bag and add the tuna steaks. Rub well together and leave for 30 mins while you make the relish. Peel the cucumber, halve lengthways and scoop out the seeds. Chop the flesh into a small dice.
- ☐ Mix with the rest of the ingredients, seasoning to taste. Set aside.
- ☐ To griddle: heat the pan to hot, then cook the steaks, turning after 2 mins, and cooking for another 2 mins each side depending on the thickness of the steaks. Meaty fish is best served slightly pink.
- ☐ Remove the steaks from the heat allow to stand for 3–5 mins, then spoon over the relish and serve.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:33.554348023041%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 384.27kcal (19.21%), Fat: 22.51g (34.63%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.38g (0.86%), Sugar: 1.87g (2.08%), Cholesterol: 64.6mg (21.53%), Sodium: 71.44mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.44g (80.87%), Vitamin B12: 16.03µg (267.18%), Selenium: 62.16µg (88.8%), Vitamin A: 4267.9IU (85.36%), Vitamin B3: 15.04mg (75.19%), Vitamin D: 9.69µg (64.6%), Vitamin

K: 57.92µg (55.17%), Phosphorus: 453.1mg (45.31%), Vitamin B6: 0.85mg (42.64%), Vitamin B1: 0.44mg (29.51%), Vitamin B2: 0.45mg (26.7%), Vitamin E: 3.98mg (26.57%), Magnesium: 96.55mg (24.14%), Vitamin C: 18.6mg (22.55%), Vitamin B5: 1.94mg (19.37%), Potassium: 601.48mg (17.19%), Iron: 2.25mg (12.47%), Copper: 0.21mg (10.33%), Zinc: 1.2mg (7.98%), Manganese: 0.11mg (5.58%), Folate: 22.03µg (5.51%), Fiber: 0.95g (3.78%), Calcium: 30.02mg (3%)