



## Tuna Steaks with Lemon Pepper Butter

READY IN



25 min.

SERVINGS



8

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounce tuna steaks
- 0.5 teaspoon pepper black freshly ground
- 8 slices bread your favorite
- 0.3 teaspoon garlic powder
- 1 tablespoon juice of lemon fresh
- 2 tablespoons lemon zest
- 8 servings lemons
- 4 tablespoons olive oil divided
- 8 servings salt and pepper black freshly ground

- 8 servings sugar
- 0.5 cup butter unsalted softened (1 stick)

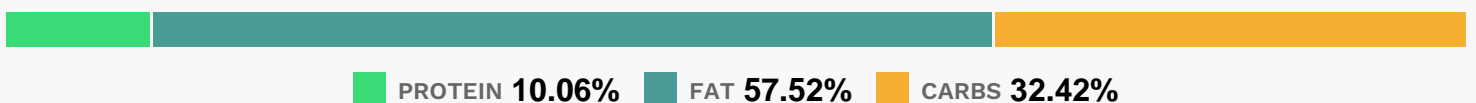
## Equipment

- bowl
- grill

## Directions

- For the lemon pepper butter: In a small bowl, combine the butter, lemon zest, lemon juice, pepper, and garlic powder, stirring until smooth. Cover and chill.
- For the tuna: Preheat the grill to medium-high heat, about 350 degrees F. Spray the grill rack with nonstick, nonflammable cooking spray.
- Brush the bread slices evenly with 2 tablespoons olive oil. Grill the bread until toasted, 2 to 3 minutes per side.
- Remove from the grill and set aside.
- Brush the tuna evenly with the remaining 2 tablespoons olive oil.
- Sprinkle each steak evenly with salt and pepper. Grill the tuna for 3 to 4 minutes per side, or until desired degree of doneness.
- Place each tuna steak over 1 slice grilled bread. Top each tuna steak with desired amount of lemon pepper butter.
- Garnish with Caramelized Lemon Slices, if desired.
- Serve immediately.
- Preheat a grill to medium-high heat.
- Slice the lemons. Dip the cut side down into a bowl of sugar.
- Place on the grill, cut-side down, and grill until caramelized, 2 to 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.91, Glycemic Load:15.67, Inflammation Score:-6, Nutrition Score:9.7834781771121%

## Flavonoids

Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg, Eriodictyol: 1.59mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 321.16kcal (16.06%), Fat: 20.89g (32.14%), Saturated Fat: 8.72g (54.52%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 24.95g (9.07%), Sugar: 13.88g (15.42%), Cholesterol: 38.58mg (12.86%), Sodium: 142.9mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin B12: 2.03µg (33.82%), Selenium: 16.11µg (23.02%), Manganese: 0.37mg (18.5%), Vitamin B3: 3.43mg (17.15%), Vitamin A: 822.89IU (16.46%), Vitamin B1: 0.17mg (11.46%), Vitamin E: 1.62mg (10.82%), Phosphorus: 95.72mg (9.57%), Vitamin D: 1.42µg (9.5%), Vitamin B2: 0.13mg (7.91%), Vitamin C: 6.43mg (7.79%), Iron: 1.36mg (7.53%), Vitamin B6: 0.14mg (6.97%), Vitamin K: 6.95µg (6.62%), Folate: 26.07µg (6.52%), Fiber: 1.55g (6.18%), Magnesium: 23.75mg (5.94%), Vitamin B5: 0.49mg (4.94%), Calcium: 45.31mg (4.53%), Copper: 0.07mg (3.53%), Potassium: 114.88mg (3.28%), Zinc: 0.45mg (2.98%)