



Tuna with Avocado Green Goddess Aioli

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 6 tablespoons avocado ripe peeled chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon chili powder
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 1 tablespoon basil leaves fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped

- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.8 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ To prepare aioli, combine first 9 ingredients in a blender; process until smooth.
- ☐ To prepare tuna, combine coriander and next 5 ingredients (through pepper) in a small bowl; sprinkle spice mixture evenly over tuna.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add tuna; cook 2 minutes on each side or until medium-rare or desired degree of doneness.
- ☐ Serve with aioli.
- ☐ Wine Note: Tuna, like salmon, is a fish capable of handling lighter red wines, especially when it's grilled. A to Z Wineworks Willamette Valley Pinot Noir 2004 (\$1
- ☐ from Oregon is a great value. Along with red raspberry and strawberry fruit, this supple wine offers peppery spice that marries well with the chili, cumin, and coriander coating the tuna steak. –Jeffery Lindenmuth

Nutrition Facts



 **PROTEIN 54.85%**  **FAT 36.54%**  **CARBS 8.61%**

Properties

Glycemic Index:61.5, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:31.387391256249%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 304.38kcal (15.22%), Fat: 12.11g (18.62%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.39g (1.6%), Sugar: 1.01g (1.12%), Cholesterol: 66.56mg (22.19%), Sodium: 583.07mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.77%), Vitamin B12: 16.08µg (268.05%), Selenium: 63.3µg (90.43%), Vitamin A: 3948.65IU (78.97%), Vitamin B3: 15.2mg (75.99%), Vitamin D: 9.7µg (64.64%), Phosphorus: 465.15mg (46.52%), Vitamin B6: 0.86mg (42.93%), Vitamin B1: 0.44mg (29.25%), Vitamin B2: 0.49mg (28.6%), Vitamin K: 25.97µg (24.73%), Magnesium: 97.25mg (24.31%), Vitamin B5: 2.13mg (21.33%), Potassium: 592.79mg (16.94%), Vitamin E: 2.26mg (15.09%), Iron: 2.25mg (12.48%), Copper: 0.21mg (10.54%), Zinc: 1.32mg (8.79%), Fiber: 2.03g (8.13%), Folate: 26.32µg (6.58%), Vitamin C: 4.62mg (5.6%), Manganese: 0.11mg (5.57%), Calcium: 44.86mg (4.49%)