



HEALTH SCORE

100%

Tuna with Citrus Gremolata



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds tuna steaks
- ☐ 1 cup flat-leaf parsley fresh finely chopped
- ☐ 2 sprigs rosemary fresh chopped
- ☐ 2 large cloves garlic very finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 1 lemon zest
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 orange zest

☐

4 servings salt and pepper black freshly ground

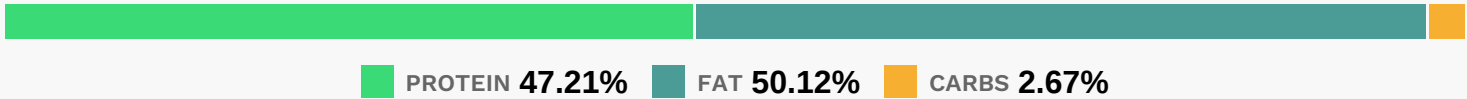
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Before cooking the tuna, combine the parsley, lemon zest and orange zest in a small bowl. Stir in the finely chopped garlic and reserve.
- ☐ Cut the tuna into bricks about 3 inches long and 2 inches wide, 3 pieces per portion. Season the tuna with rosemary, salt and pepper, to taste.
- ☐ Drizzle with extra-virgin olive oil and let stand for 10 to 15 minutes. When ready to cook, heat a healthy drizzle of extra-virgin olive oil in a skillet over medium-high heat. When the oil is hot add the tuna and cook for 2 minutes on each side for rare, 3 to 4 minutes on each side for opaque fish. Douse the pan with the lemon juice. Arrange the fish on a platter, scatter the gremolata over the top and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:42.314347515935%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 463.56kcal (23.18%), Fat: 25.27g (38.88%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.39g (0.44%), Cholesterol: 86.18mg (28.73%), Sodium: 97.67mg (4.25%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.56g (107.12%), Vitamin B12: 21.39µg (356.45%), Vitamin K: 254.62µg (242.49%), Vitamin A: 6230.5IU (124.61%), Selenium: 83.06µg (118.66%), Vitamin B3: 19.88mg (99.38%), Vitamin D: 12.93µg (86.18%), Phosphorus: 588.66mg (58.87%), Vitamin B6: 1.08mg (53.79%), Vitamin B1: 0.57mg (37.93%), Vitamin C: 29.35mg (35.57%), Vitamin B2: 0.59mg (34.76%), Magnesium: 122.82mg (30.71%), Vitamin E: 4.42mg (29.47%), Vitamin B5: 2.49mg (24.9%), Potassium: 678.93mg (19.4%), Iron: 3.4mg (18.9%), Copper: 0.23mg (11.44%), Zinc: 1.56mg (10.37%), Folate: 30.05µg (7.51%), Calcium: 49.59mg (4.96%), Manganese: 0.1mg (4.86%), Fiber: 1.06g (4.23%)