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Tuna Steak with Salsa ♦♦

A delicious recipe featuring tuna steak served with a flavorful salsa. The tuna steak is cooked to perfection, with a crispy exterior and tender interior. The salsa adds a fresh and tangy element to the dish, complementing the rich flavor of the tuna. This recipe is perfect for seafood lovers and is a great option for a healthy and satisfying meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

800 g	tuna steak
200 g	Tomatoes
100 g	red onion
20 g	Cilantro
30 ml	lime juice

15 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the tuna steak with salt and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the tuna steak for 2-3 minutes per side, or until desired doneness.

Prep Time: 0 mins

Cook Time: 6 mins

Step 4

Mixing

Meanwhile, prepare the salsa by combining diced tomatoes, chopped red onion, chopped cilantro, lime juice, olive oil, salt, and black pepper in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the grilled tuna steak with the salsa on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Calcium

Course

Appetizers Main Dishes Salads Soups Sauces & Dressings

Cultural

Chinese New Year Passover Easter

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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