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Tuna Tarragon ♦

Tuna Tarragon is a delicious seafood dish that combines the flavors of fresh tuna with the aromatic herb tarragon. It is typically consumed as a main course and is popular in Mediterranean cuisine.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	fresh tuna
2 tsp	Tarragon
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	Salt

1 tsp 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 with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Drizzle olive oil and lemon juice over the tuna.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkle tarragon over the tuna.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Grilling

Grill the tuna for 4-5 minutes on each side, or until cooked to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Resting

Remove the tuna from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Slice the tuna and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 0 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	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 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%
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	4 mg	4.44%	5.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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