

Seared Ahi Tuna Steaks

Yield: 2 min
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/ahi-tuna-italian-recipe>

Ingredients:

- 10 ounces ahi tuna steaks
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/2 tablespoon butter
- 2 tablespoons olive oil
- 1 teaspoon whole peppercorn

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 70 milligrams
4. Fat: 18 grams
5. Protein: 33 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1270 milligrams

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