



 **73%**
HEALTH SCORE

Fresh Canned Tuna: Tonno Sott'Olio

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

READY IN



30 min.

SERVINGS



20

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 servings freshly baked pane di casa
- 2 bay leaves
- 20 servings peppercorns black
- 5 pounds tuna fresh cut into chunks
- 4 cloves garlic finely chopped
- 1 quart olive oil extra-virgin
- 1 onion finely chopped
- 1 medium onion red finely chopped

- 2 quarts water
- 1 cup citrus champagne vinegar

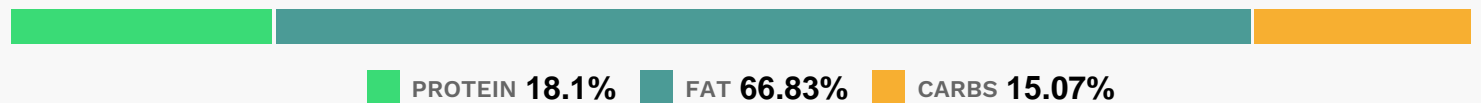
Equipment

- pot

Directions

- In a stock pot, combine the vinegar, onion, garlic, bay leaves, peppercorns, add 2 quarts of water and cook over high heat until it is reduced by one-third.
- Add the tuna, reduce to a simmer, and cook for 45 minutes.
- Drain the tuna and place in a jar or terra cotta pot. Cover with olive oil and seal.
- Let sit for 20 to 30 days, refrigerated, then serve this perfectly preserved tuna with fresh bread and chopped red onion.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:8.44, Inflammation Score:-9, Nutrition Score:31.374347541643%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 729.49kcal (36.47%), Fat: 54.94g (84.52%), Saturated Fat: 8.75g (54.71%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 20.29g (7.38%), Sugar: 0.48g (0.53%), Cholesterol: 52.19mg (17.4%), Sodium: 589.8mg (25.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Vitamin B12: 10.69µg (178.22%), Selenium: 47.69µg (68.13%), Vitamin E: 7.96mg (53.07%), Vitamin B3: 10.42mg (52.12%), Vitamin A: 2481.84IU (49.64%), Phosphorus: 435.09mg (43.51%), Vitamin D: 6.46µg (43.09%), Manganese: 0.64mg (32.22%), Vitamin B6: 0.62mg (31.14%), Fiber: 7.61g (30.42%), Vitamin K: 30.18µg (28.74%), Magnesium: 105.3mg (26.32%), Vitamin B1: 0.35mg (23.3%), Iron: 3.82mg (21.22%), Potassium: 724.41mg (20.7%), Copper: 0.41mg (20.64%), Vitamin B2:

0.34mg (19.97%), Zinc: 2.63mg (17.53%), Vitamin B5: 1.36mg (13.56%), Folate: 51.36µg (12.84%), Calcium: 90.13mg (9.01%), Vitamin C: 3.67mg (4.44%)