



Grilled Tuna and Broccolini with Garlic Drizzle



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce ahi tuna steak ()
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound broccolini trimmed
- ☐ 5 fillet oil-packed anchovies canned drained chopped in oil
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 lemon wedges
- ☐ 0.3 cup olive oil extra virgin extra-virgin

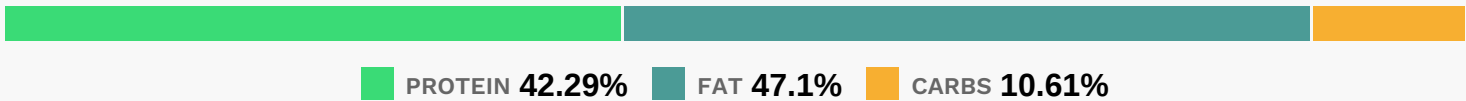
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Combine oil, garlic, anchovy fillets, and 1/4 teaspoon pepper in a small saucepan over low heat. Cook for 5 minutes or until garlic begins to sizzle; remove from heat. Set aside.
- ☐ Heat a grill pan over high heat. Lightly coat tuna with cooking spray.
- ☐ Sprinkle with salt and remaining 1/4 teaspoon pepper.
- ☐ Add to pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan.
- ☐ Combine 1 teaspoon oil mixture and Broccolini; toss.
- ☐ Add to pan; cook 6 minutes or until tender, turning occasionally.
- ☐ Place 1 tuna steak and 4 ounces Broccolini on each of 4 plates.
- ☐ Drizzle each serving with about 1 1/2 tablespoons oil mixture.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:35.613477898681%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 425.41kcal (21.27%), Fat: 22.04g (33.91%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 9.18g (3.34%), Sugar: 3.16g (3.51%), Cholesterol: 65.7mg (21.9%), Sodium: 437.61mg (19.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.53g (89.05%), Vitamin B12: 16.05µg (267.52%), Vitamin C: 114.84mg (139.2%), Vitamin A: 5720.56IU (114.41%), Selenium: 63.59µg (90.84%), Vitamin B3: 15.02mg (75.09%), Vitamin D: 9.72µg (64.78%), Phosphorus: 444.59mg (44.46%), Vitamin B6: 0.84mg (42.06%), Vitamin B1: 0.43mg (28.43%), Vitamin B2: 0.44mg (25.88%), Vitamin E: 3.72mg (24.8%), Magnesium: 88.79mg (22.2%), Vitamin B5: 1.87mg (18.66%), Iron: 3.04mg (16.86%), Potassium: 479.84mg (13.71%), Calcium: 109.9mg (10.99%), Copper: 0.17mg (8.63%), Vitamin K: 8.76µg (8.34%), Fiber: 1.99g (7.96%), Zinc: 1.11mg (7.41%), Manganese: 0.13mg (6.58%), Folate: 5.71µg (1.43%)