

food
network

Grilled Tuna Nicoise

READY IN



60 min.

SERVINGS



6

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 36 ounce tuna steaks
- ☐ 3 tablespoons capers drained
- ☐ 2 cups chianti
- ☐ 1 pound orzo pasta cooked
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon granulated sugar
- ☐ 2 tablespoons grapeseed oil

- ☐ 0.3 cup kalamata olives pitted
- ☐ 0.3 cup pancetta cooked thinly sliced
- ☐ 0.3 cup parmesan grated
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup spinach leaves
- ☐ 0.5 cup tomatoes diced
- ☐ 0.5 cup butter unsalted at room temperature 1 stick
- ☐ 2 tablespoons balsamic vinegar white

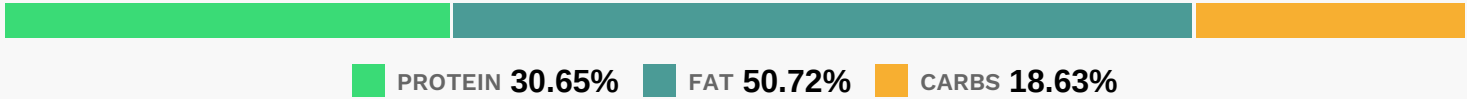
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ For the glaze: In a small saucepan over medium heat, cook the Chianti, vinegar, and sugar for 20 to 30 minutes, or until reduced by 80-percent total volume. Hold at room temperature.
- ☐ Heat the oil in a large saute pan over high heat. Season the steaks with salt and pepper on both sides and add to the hot pan in 2 batches. Cook for 2 to 3 minutes. Flip the steaks, reduce the heat to medium-high, and cook for an additional 2 minutes.
- ☐ Remove the steaks from the pan and let rest for 5 minutes. Slice the steaks on the bias, 1-inch thick. Reserve the pan for the pasta.
- ☐ Add the tomatoes, capers, olives, garlic, basil, and parsley to the pan and cook for 2 minutes.
- ☐ Add the orzo and spinach and cook for an additional minute.
- ☐ Remove from the heat and stir in the butter to finish the sauce.
- ☐ To serve: Spoon the orzo onto plates, top with tuna, Parmesan, and pancetta, and drizzle with the Chianti glaze.

Nutrition Facts



Properties

Glycemic Index:80.6, Glycemic Load:11.91, Inflammation Score:-10, Nutrition Score:35.7534780295%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 689.86kcal (34.49%), Fat: 35g (53.84%), Saturated Fat: 14.56g (91.03%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 26.89g (9.78%), Sugar: 2.35g (2.61%), Cholesterol: 114.65mg (38.22%), Sodium: 406.14mg (17.66%), Alcohol: 8.72g (100%), Alcohol %: 2.77% (100%), Protein: 47.59g (95.17%), Vitamin B12: 16.17µg (269.53%), Selenium: 85.5µg (122.14%), Vitamin A: 4914.04IU (98.28%), Vitamin B3: 15.61mg (78.06%), Vitamin D: 10.04µg (66.93%), Phosphorus: 533.57mg (53.36%), Vitamin B6: 0.88mg (44.12%), Vitamin K: 41.47µg (39.5%), Vitamin B1: 0.47mg (31.25%), Vitamin B2: 0.49mg (28.88%), Magnesium: 111.21mg (27.8%), Vitamin E: 4.01mg (26.74%), Vitamin B5: 2mg (20.02%), Manganese: 0.38mg (19.23%), Iron: 3.18mg (17.66%), Potassium: 569.41mg (16.27%), Copper: 0.28mg (13.81%), Zinc: 1.75mg (11.67%), Calcium: 90.39mg (9.04%), Fiber: 2.02g (8.08%), Folate: 23.73µg (5.93%), Vitamin C: 4.7mg (5.7%)