



Grilled Tuna on Braised Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce arugula
- 2 tablespoons butter cold
- 1 garlic clove sliced
- 2 tablespoons juice of lemon
- 2 teaspoons juice of lemon
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 0.3 cup orange juice

- 0.3 teaspoon pepper
- 4 peppercorns
- 0.3 teaspoon salt
- 1 tablespoon shallots minced
- 2 thyme sprigs
- 16 ounce tuna
- 0.3 cup citrus champagne vinegar

Equipment

- frying pan
- whisk
- grill pan

Directions

- Heat grill pan. Rub tuna fillets with 1 TBSP olive oil and 1/4 tsp each salt and pepper; sear 1-2 minutes per side. In skillet, cook shallot in 2 tsp olive oil until soft.
- Add peppercorns, vinegar, and thyme; reduce by half.
- Add orange juice and 2 TBSP lemon juice.
- Whisk in butter. Strain; season with 1/4 tsp salt. In clean skillet, saut garlic in 1 TBSP olive oil.
- Add arugula, 2 tsp lemon juice, and 1/4 tsp each salt and pepper; let wilt.

Nutrition Facts

PROTEIN 40.61% **FAT 49.2%** **CARBS 10.19%**

Properties

Glycemic Index:75.75, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:24.146521630494%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg,

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg, Kaempferol: 24.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 234.59kcal (11.73%), Fat: 12.79g (19.67%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.22g (3.57%), Cholesterol: 55.87mg (18.62%), Sodium: 459.91mg (20%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Selenium: 77.34µg (110.49%), Vitamin K: 81.7µg (77.81%), Vitamin B3: 11.56mg (57.81%), Vitamin B12: 2.93µg (48.77%), Vitamin A: 1978.16IU (39.56%), Vitamin C: 23.56mg (28.56%), Vitamin B6: 0.45mg (22.3%), Folate: 81.28µg (20.32%), Phosphorus: 202.05mg (20.21%), Iron: 3.22mg (17.89%), Magnesium: 64.34mg (16.08%), Manganese: 0.32mg (15.84%), Potassium: 527.39mg (15.07%), Calcium: 144.14mg (14.41%), Vitamin E: 1.66mg (11.06%), Vitamin B2: 0.17mg (9.8%), Vitamin D: 1.36µg (9.07%), Zinc: 1.14mg (7.57%), Copper: 0.13mg (6.43%), Vitamin B1: 0.09mg (5.69%), Fiber: 1.42g (5.67%), Vitamin B5: 0.54mg (5.45%)