



## Mediterranean Rice Salad with Seared Tuna

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

READY IN



45 min.

SERVINGS



4

CALORIES



716 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 tuna steaks ()
- 0.5 cup olives black such as kalamata, halved and pitted
- 1.5 teaspoons dijon mustard
- 1 teaspoon thyme leaves dried
- 3 tablespoons flat-leaf parsley chopped
- 1 clove garlic minced
- 0.8 teaspoon fresh-ground pepper black
- 0.3 cup olive oil

- 1 bell pepper red cut into 1/2-inch dice
- 1 small onion red chopped
- 1.5 cups rice long-grain
- 1.5 teaspoons salt
- 1 large tomatoes seeded cut into 1/2-inch dice
- 3 tablespoons white-wine vinegar

## Equipment

- bowl
- frying pan
- whisk
- pot
- grill pan

## Directions

- In a large pot of boiling, salted water, cook the rice until just done, about 10 minutes.
- Drain. Rinse with cold water.
- Drain thoroughly.
- In a medium glass or stainless-steel bowl, combine the rice, onion, tomato, bell pepper, olives, parsley, and 1/2 teaspoon of the thyme. In a small glass or stainless-steel bowl, whisk the vinegar with the mustard, garlic, 1 teaspoon of the salt, and 1/2 teaspoon of the black pepper.
- Add the 1/3 cup oil slowly, whisking. Toss this vinaigrette with the rice.
- Rub the tuna with the remaining 1 tablespoon oil and sprinkle with the remaining 1/2 teaspoon thyme, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.
- Heat a grill pan or large heavy frying pan over moderately high heat.
- Wine Recommendation: Look for a light, refreshing white wine from the Mediterranean. Either a bottle of the delightful albario from Galicia in Spain or a Ctes de Gascogne from southwestern France would be appropriate.

## Nutrition Facts



■ PROTEIN 26.16% ■ FAT 37.95% ■ CARBS 35.89%

## Properties

Glycemic Index:71.05, Glycemic Load:34.94, Inflammation Score:-10, Nutrition Score:43.388260385265%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

## Nutrients (% of daily need)

Calories: 715.64kcal (35.78%), Fat: 29.7g (45.69%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 63.21g (21.07%), Net Carbohydrates: 59.73g (21.72%), Sugar: 3.85g (4.28%), Cholesterol: 64.6mg (21.53%), Sodium: 1233.54mg (53.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.12%), Vitamin B12: 16.03µg (267.18%), Vitamin A: 5354.13IU (107.08%), Selenium: 73.62µg (105.18%), Vitamin B3: 16.53mg (82.63%), Vitamin K: 70.44µg (67.09%), Vitamin D: 9.69µg (64.6%), Vitamin C: 50.76mg (61.53%), Phosphorus: 545.79mg (54.58%), Vitamin B6: 1.06mg (53.21%), Manganese: 1mg (50.05%), Vitamin E: 5.78mg (38.57%), Vitamin B1: 0.52mg (34.44%), Vitamin B2: 0.51mg (29.99%), Magnesium: 119.78mg (29.94%), Vitamin B5: 2.7mg (26.95%), Potassium: 760.23mg (21.72%), Iron: 3.41mg (18.96%), Copper: 0.38mg (18.94%), Fiber: 3.48g (13.92%), Zinc: 2.06mg (13.73%), Folate: 40.65µg (10.16%), Calcium: 69.22mg (6.92%)