



## Pan-Seared Tuna with Olive-Wine Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce tuna steaks thick (2 inches )
- 0.3 teaspoon pepper black
- 2 cups couscous hot cooked
- 0.3 teaspoon pepper red crushed
- 0.8 cup cooking wine dry white
- 1 teaspoon fennel seeds
- 2 garlic cloves minced
- 3 tablespoons greek olives black pitted chopped

- 3 tablespoons olives green pitted chopped
- 2 tablespoons juice of lemon fresh
- 1 teaspoon orange rind grated
- 0.1 teaspoon salt

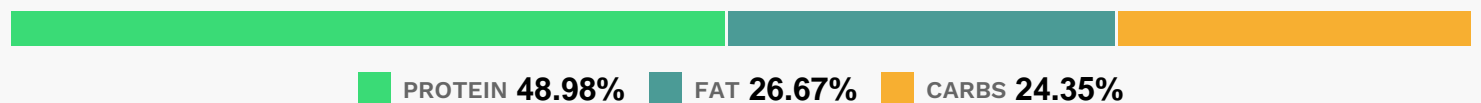
## Equipment

- bowl
- frying pan

## Directions

- Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- Add fennel seeds and garlic; saut 3 minutes or until seeds are lightly toasted. Spoon mixture into a bowl.
- Add wine, olives, lemon juice, 1 teaspoon orange rind, and red pepper; stir well, and set aside.
- Sprinkle black pepper and salt over tuna. Recoat skillet with cooking spray; place over medium-high heat until very hot.
- Add tuna; saut 5 minutes on each side or until medium-rare or to desired degree of doneness.
- Remove tuna from skillet. Spoon couscous into each of 4 large shallow bowls; arrange tuna to the side. Set aside; keep warm.
- Add wine mixture to skillet; cook 2 minutes or until sauce is slightly reduced.
- Pour sauce evenly over steaks.
- Garnish with orange rind, if desired.
- Note: Substitute kalamata olives for Greek black olives, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:11.46, Inflammation Score:-10, Nutrition Score:30.870434595191%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 393.92kcal (19.7%), Fat: 10.42g (16.03%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 19.52g (7.1%), Sugar: 0.79g (0.88%), Cholesterol: 64.64mg (21.55%), Sodium: 335.24mg (14.58%), Alcohol: 4.64g (100%), Alcohol %: 1.86% (100%), Protein: 43.05g (86.1%), Vitamin B12: 16.04µg (267.34%), Selenium: 84.08µg (120.12%), Vitamin B3: 15.64mg (78.18%), Vitamin A: 3801.49IU (76.03%), Vitamin D: 9.7µg (64.64%), Phosphorus: 463.9mg (46.39%), Vitamin B6: 0.87mg (43.42%), Vitamin B1: 0.47mg (31.47%), Vitamin B2: 0.46mg (27.18%), Magnesium: 100.41mg (25.1%), Vitamin B5: 2.13mg (21.31%), Vitamin E: 2.32mg (15.49%), Potassium: 538.55mg (15.39%), Iron: 2.38mg (13.2%), Manganese: 0.22mg (11.05%), Copper: 0.21mg (10.46%), Zinc: 1.33mg (8.88%), Fiber: 1.88g (7.5%), Vitamin C: 4.16mg (5.04%), Folate: 17.74µg (4.43%), Calcium: 41.14mg (4.11%)