



 **100%**
HEALTH SCORE

Pan-seared Tuna with Oranges

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

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce tuna steaks
- 2 tablespoons chives fresh plus more for garnish chopped
- 1 tablespoon ginger fresh grated
- 2 green onions minced
- 2 tablespoons olive oil divided
- 1 cranberry-orange relish peeled
- 1 cup orange juice freshly squeezed (5 oranges)
- 1 tablespoon orange zest

- 4 servings pepper freshly ground to taste
- 4 servings sea salt to taste
- 4 cups pkt spinach fresh

Equipment

- bowl
- frying pan
- aluminum foil

Directions

- Combine 1 tablespoon olive oil and next 5 ingredients in a small bowl.
- Place tuna in a shallow dish or zip-top bag, and add half of orange juice mixture. Set aside remaining mixture. Turn tuna to coat evenly, and marinate 15 minutes.
- Remove fish from marinade, and sprinkle both sides with sea salt and pepper.
- Heat remaining 1 tablespoon oil in a nonstick skillet over medium-high heat, and sear about 3 to 5 minutes per side, depending on desired doneness. (Tuna is best medium-rare, or very pink in the center, to medium.)
- Remove from pan; cover loosely with foil, and let stand 5 minutes.
- Add reserved marinade mixture and orange sections to pan, and cook just until warmed; keep warm.
- Heat 2 tablespoons water in pan; add spinach, sea salt, and pepper; cover and steam 1 minute or just until wilted. Divide spinach and tuna evenly among 4 plates.
- Pour sauce and drippings over fish.

Nutrition Facts



Properties

Glycemic Index:62.63, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:41.377825778464%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 16.33mg, Hesperetin: 16.33mg, Hesperetin: 16.33mg, Hesperetin: 16.33mg Naringenin: 6.34mg, Naringenin: 6.34mg, Naringenin: 6.34mg, Naringenin: 6.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg, Kaempferol: 2.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 362.49kcal (18.12%), Fat: 15.66g (24.09%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.67g (3.88%), Sugar: 8.59g (9.55%), Cholesterol: 64.64mg (21.55%), Sodium: 285.89mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.01%), Vitamin B12: 16.04µg (267.34%), Vitamin K: 164.96µg (157.1%), Vitamin A: 6855.97IU (137.12%), Selenium: 62.69µg (89.56%), Vitamin B3: 15.35mg (76.73%), Vitamin C: 60.98mg (73.92%), Vitamin D: 9.7µg (64.64%), Phosphorus: 466.03mg (46.6%), Vitamin B6: 0.89mg (44.42%), Vitamin B1: 0.52mg (34.96%), Vitamin B2: 0.52mg (30.82%), Magnesium: 121.93mg (30.48%), Folate: 96.1µg (24.03%), Potassium: 812.2mg (23.21%), Vitamin E: 3.45mg (22.98%), Vitamin B5: 2.03mg (20.34%), Manganese: 0.34mg (17.2%), Iron: 2.89mg (16.06%), Copper: 0.24mg (12.07%), Zinc: 1.28mg (8.51%), Fiber: 1.98g (7.93%), Calcium: 72.26mg (7.23%)