



WHATSheATE



HEALTH SCORE

92%

Pasta Salad with Seared Tuna and Citrus Dressing



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 pound tuna steak



2 slices cucumbers peeled halved lengthwise seeded thin



1 teaspoon dijon mustard



6 tablespoons mint leaves fresh chopped



4 servings fresh-ground pepper black



1 tablespoon juice of lemon



6.5 tablespoons olive oil

- ☐ 1 tablespoon orange juice fresh
- ☐ 0.5 teaspoon orange zest grated (from)
- ☐ 2 tablespoons red-wine vinegar
- ☐ 4 servings salt
- ☐ 0.5 pound spaghetti

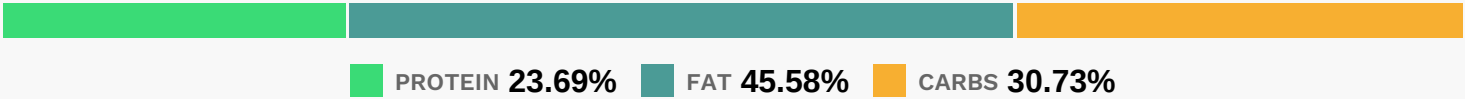
Equipment

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

Directions

- ☐ In a large pot of boiling, salted water, cook the spaghetti until just done, about 9 minutes.
- ☐ Drain. Rinse with cold water; drain thoroughly.
- ☐ In a large glass or stainless-steel bowl, whisk together the vinegar, orange zest, orange juice, lemon juice, mustard, 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add 6 tablespoons of the oil slowly, whisking.
- ☐ Add the spaghetti, cucumbers, and mint and toss.
- ☐ Heat a grill pan or heavy frying pan over moderately high heat. Coat the tuna with the remaining 1/2 tablespoon oil and sprinkle with 1/8 teaspoon salt and a pinch of pepper. Cook, turning once, until done to your taste, about 2 minutes per side for medium rare.
- ☐ Remove.
- ☐ Cut the tuna into 1-inch chunks and toss with the spaghetti.
- ☐ Fish Alternatives: You could use salmon fillets or swordfish steaks in place of the tuna. For either, add a few minutes to the cooking time.
- ☐ Wine Recommendation: Whether you make this salad with tuna or one of the alternatives listed in the box below, a dry riesling from Alsace will be splendid. Its lime, mineral, and herbal notes will brilliantly echo the salad and set off the fish.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:17.27, Inflammation Score:-9, Nutrition Score:28.84913029878%

Flavonoids

Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg, Eriodictyol: 2.51mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 585.85kcal (29.29%), Fat: 29.3g (45.08%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 41.88g (15.23%), Sugar: 2.03g (2.26%), Cholesterol: 43.09mg (14.36%), Sodium: 258.72mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.53%), Vitamin B12: 10.69µg (178.22%), Selenium: 77.67µg (110.96%), Vitamin A: 2807.81IU (56.16%), Vitamin B3: 10.94mg (54.69%), Vitamin D: 6.46µg (43.09%), Phosphorus: 404.59mg (40.46%), Manganese: 0.65mg (32.53%), Vitamin B6: 0.61mg (30.65%), Vitamin E: 4.49mg (29.91%), Magnesium: 94.99mg (23.75%), Vitamin B1: 0.34mg (22.6%), Vitamin B2: 0.34mg (20.15%), Vitamin B5: 1.49mg (14.93%), Copper: 0.29mg (14.72%), Iron: 2.49mg (13.82%), Potassium: 478.93mg (13.68%), Vitamin K: 14.19µg (13.52%), Zinc: 1.59mg (10.57%), Fiber: 2.56g (10.26%), Vitamin C: 6.46mg (7.83%), Folate: 23.72µg (5.93%), Calcium: 42.82mg (4.28%)