



 **100%**
HEALTH SCORE

Peppercorn Tuna

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

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce tuna steaks
- 13.8 ounce artichokes drained coarsely chopped canned
- 1 tablespoon capers drained
- 2 cups cherry tomatoes halved
- 0.3 cup cooking wine dry white
- 0.3 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil divided

- 1 small onion thinly sliced
- 0.5 teaspoon salt divided
- 1.5 teaspoons peppercorns mixed whole crushed

Equipment

- frying pan

Directions

- Heat 1 tablespoon oil in a large skillet over medium heat.
- Add onion, and saut 5 minutes or until tender. Stir in garlic, and cook 1 minute.
- Add wine, artichokes, and capers; bring to a boil. Reduce heat to low, cover, and cook 5 minutes. Stir in tomatoes and 1/4 teaspoon salt. Cover and cook about 3 minutes or just until tomatoes are wilted.
- Remove from heat, and stir in parsley. Meanwhile, heat a large skillet over medium-high heat.
- Add remaining 2 teaspoons oil.
- Sprinkle tuna with peppercorns and remaining 1/4 teaspoon salt.
- Place tuna in skillet, and cook 2 to 4 minutes on each side or to desired degree of doneness.
- Serve with artichoke relish.
- Pour: Chad Ellegood, wine director for Tru in Chicago, recommends a Cavalchina Bardolino Charetto or Alma de Blanco Godello Monterrei to enhance the bold Mediterranean flavors of this dish. The Cavalchina is a fresh ros from northeastern Italy that offers a combination of fruit blossoms and light berries. The Alma de Blanco is made from the Godello grape, which is indigenous to northwestern Spain and complements its high acidity with ripe citrus flavors.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:38.674347918967%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 12.24mg, Naringenin: 12.24mg, Naringenin: 12.24mg, Naringenin: 12.24mg Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg, Apigenin: 15.37mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 321.76kcal (16.09%), Fat: 10.8g (16.61%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 10.42g (3.79%), Sugar: 3.77g (4.19%), Cholesterol: 53.86mg (17.95%), Sodium: 505.35mg (21.97%), Alcohol: 1.54g (100%), Alcohol %: 0.54% (100%), Protein: 37.59g (75.19%), Vitamin B12: 13.37µg (222.78%), Vitamin K: 83.46µg (79.49%), Vitamin A: 3799.49IU (75.99%), Selenium: 52.73µg (75.33%), Vitamin B3: 13.81mg (69.05%), Vitamin D: 8.08µg (53.86%), Phosphorus: 483.66mg (48.37%), Vitamin B6: 0.87mg (43.63%), Vitamin C: 35.22mg (42.7%), Magnesium: 145.04mg (36.26%), Manganese: 0.63mg (31.65%), Vitamin B1: 0.46mg (30.38%), Potassium: 966mg (27.6%), Fiber: 6.72g (26.87%), Vitamin B2: 0.45mg (26.74%), Copper: 0.45mg (22.5%), Folate: 88.75µg (22.19%), Iron: 3.75mg (20.84%), Vitamin B5: 2mg (19.95%), Vitamin E: 2.59mg (17.28%), Zinc: 1.56mg (10.43%), Calcium: 84mg (8.4%)