



Seared "marinated" Tuna with Black-Olive Vinaigrette

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings green lentils french
- ☐ 6 servings chives fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup purchased black-olive puree
- ☐ 0.5 cup olive oil
- ☐ 1 pound tail-end piece ahituna fillet

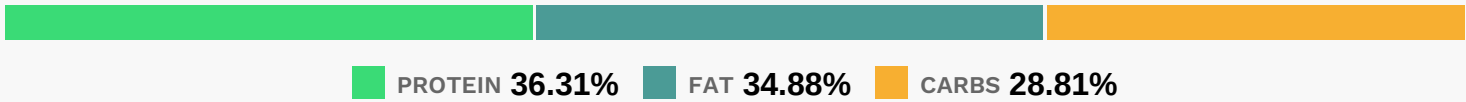
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place lemon juice in small bowl.
- ☐ Whisk in 1/2 cup olive oil, then olive puree. Season vinaigrette to taste with salt and pepper.
- ☐ Sprinkle tuna with salt and pepper; rub with remaining 2 tablespoons oil.
- ☐ Heat heavy large skillet over high heat.
- ☐ Add tuna to skillet; brown on all sides, turning occasionally, about 10 minutes.
- ☐ Transfer tuna to plate; chill 30 minutes.
- ☐ Thinly slice tuna crosswise, reserving any scraps. Spoon 1 tablespoon vinaigrette onto each of 6 plates. Arrange tuna slices, overlapping slightly, in circle on each plate. Spoon remaining vinaigrette over tuna. Dice any tuna scraps; place in center of circle.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:3.28, Inflammation Score:-5, Nutrition Score:14.85000000311%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 387.51kcal (19.38%), Fat: 14.96g (23.02%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 13.85g (5.04%), Sugar: 1.15g (1.28%), Cholesterol: 83.16mg (27.72%), Sodium: 237.29mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.11%), Fiber: 13.96g (55.83%), Folate: 218.27µg (54.57%), Iron: 6.46mg (35.87%), Manganese: 0.6mg (30.16%), Vitamin B1: 0.4mg (26.44%), Phosphorus: 204.35mg (20.44%), Zinc: 2.16mg (14.42%), Magnesium: 56.39mg (14.1%), Potassium: 442.83mg (12.65%), Vitamin B6: 0.25mg (12.48%), Copper: 0.24mg (12.15%), Vitamin B5: 0.98mg (9.77%), Vitamin C: 5.46mg (6.62%), Vitamin E: 0.97mg (6.44%), Vitamin K: 6.63µg (6.31%), Vitamin B3: 1.2mg (5.99%), Vitamin B2: 0.1mg (5.74%), Selenium: 3.8µg (5.43%), Calcium: 44.65mg (4.47%), Vitamin A: 83.64IU (1.67%)