



Seared Tuna Niçoise



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce tuna steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 3 large eggs
- ☐ 0.7 cup grape tomatoes halved
- ☐ 1 cup haricots verts trimmed
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.3 cup niçoise olives pitted quartered
- ☐ 1.5 cups potatoes red quartered
- ☐ 3 tablespoons red wine vinegar

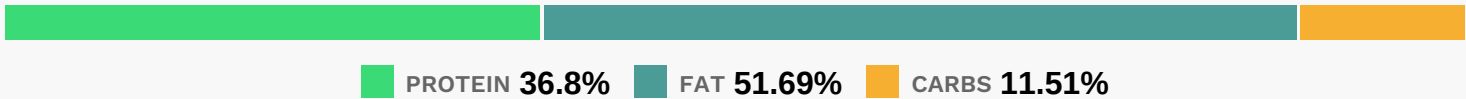
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place eggs in a large saucepan. Cover with water to 1 inch above eggs. Bring just to a boil.
- ☐ Remove from heat; cover and let stand 15 minutes.
- ☐ Drain; cool in ice water 5 minutes. Peel eggs; cut each egg into 4 slices.
- ☐ Place potatoes in pan; cover with water. Bring to a boil. Reduce heat; simmer 12 minutes.
- ☐ Add beans, and cook 3 minutes.
- ☐ Drain; plunge beans into ice water for 1 minute.
- ☐ Drain well.
- ☐ Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle tuna with 1/4 teaspoon salt and pepper.
- ☐ Add tuna to pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Cut thinly across the grain.
- ☐ Combine remaining salt, oil, vinegar, and mustard in a small bowl, stirring with a whisk.
- ☐ Add tomatoes and olives; toss. Divide eggs, potatoes, beans, and tuna among 4 plates; top with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:23.943912941477%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 286.11kcal (14.31%), Fat: 16.22g (24.95%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.24g (2.27%), Sugar: 2.12g (2.35%), Cholesterol: 171.82mg (57.27%), Sodium: 531.5mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.96%), Vitamin B12: 8.35µg (139.23%), Selenium: 43.37µg (61.96%), Vitamin A: 2492.42IU (49.85%), Vitamin B3: 8.09mg (40.45%), Vitamin D: 5.6µg (37.32%), Phosphorus: 326.62mg (32.66%), Vitamin B6: 0.56mg (28.05%), Vitamin B2: 0.43mg (25.21%), Vitamin E: 2.83mg (18.86%), Vitamin B1: 0.28mg (18.58%), Vitamin K: 19.27µg (18.35%), Vitamin B5: 1.64mg (16.41%), Magnesium: 65.02mg (16.25%), Potassium: 522.52mg (14.93%), Iron: 2.24mg (12.47%), Vitamin C: 9.24mg (11.2%), Folate: 37.55µg (9.39%), Copper: 0.19mg (9.28%), Manganese: 0.18mg (8.89%), Zinc: 1.21mg (8.08%), Fiber: 1.88g (7.53%), Calcium: 49.93mg (4.99%)