



## Seared Tuna Steaks with Balsamic-Caper Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce tuna steaks ( 3/)
- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon capers
- 0.3 cup breadcrumbs dry
- 0.5 cup cooking wine dry white
- 1 tablespoon commercial pesto

- 0.3 cup shallots diced
- 1 pound torn spinach
- 1 tablespoon water

## Equipment

- bowl
- frying pan
- paper towels
- dutch oven

## Directions

- Press tuna between paper towels until barely moist.
- Combine the breadcrumbs, pesto, and water in a small bowl, tossing well. Pat breadcrumb mixture on both sides of tuna.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add tuna; cook 2 minutes on each side or until medium-rare or desired degree of doneness.
- Remove tuna from pan; keep warm. Stir in vinegar and capers, scraping pan to loosen browned bits; cook 1 minute.
- Place a large Dutch oven coated with cooking spray over medium-high heat until hot.
- Add shallots, and saut 3 minutes or until tender.
- Add spinach, and saut 1 minute.
- Add wine and pepper; partially cover and cook for 2 minutes or until the spinach wilts.
- Place tuna over spinach; drizzle with caper sauce.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:47.734347758086%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

## Nutrients (% of daily need)

Calories: 362.24kcal (18.11%), Fat: 10.56g (16.24%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 12g (4.37%), Sugar: 4.86g (5.4%), Cholesterol: 64.94mg (21.65%), Sodium: 302.93mg (13.17%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 44.54g (89.07%), Vitamin K: 549.09µg (522.95%), Vitamin A: 14426.2IU (288.52%), Vitamin B12: 16.06µg (267.73%), Selenium: 65.16µg (93.08%), Vitamin B3: 16.07mg (80.33%), Vitamin D: 9.7µg (64.64%), Manganese: 1.22mg (61.07%), Folate: 236.43µg (59.11%), Vitamin B6: 1.07mg (53.5%), Phosphorus: 516.45mg (51.64%), Magnesium: 186.46mg (46.62%), Vitamin C: 33.13mg (40.16%), Vitamin B2: 0.68mg (39.94%), Vitamin B1: 0.57mg (38.3%), Potassium: 1165.64mg (33.3%), Iron: 5.57mg (30.97%), Vitamin E: 4.03mg (26.89%), Vitamin B5: 1.96mg (19.62%), Copper: 0.34mg (16.95%), Calcium: 158.2mg (15.82%), Fiber: 3.43g (13.71%), Zinc: 1.84mg (12.24%)