



Seared Tuna with Arugula Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups arugula
- ☐ 1.5 teaspoons pepper black divided freshly ground
- ☐ 2 cups fennel bulb thinly sliced (1 small bulb)
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 24 ounce sashimi-grade yellowfin tuna fillets (3/)

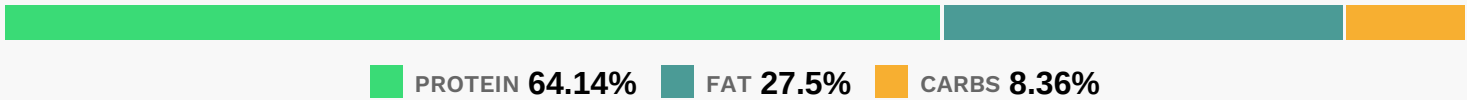
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle tuna steaks with 1 teaspoon pepper and 1/4 teaspoon salt.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tuna steaks; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Combine 1/2 teaspoon pepper, 1/2 teaspoon salt, 1 tablespoon oil, and juice in a large bowl; stir with a whisk.
- ☐ Add arugula and fennel; toss well.
- ☐ Place about 2 cups salad on each of 4 plates; top each serving with 1 tuna steak.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:30.501739315365%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg, Kaempferol: 13.96mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 274.3kcal (13.72%), Fat: 8.23g (12.66%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.72g (3.03%), Cholesterol: 66.34mg (22.11%), Sodium: 546.36mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.18g (86.36%), Selenium: 154.58µg (220.83%), Vitamin B3: 31.88mg (159.42%), Vitamin B6: 1.64mg (82.11%), Vitamin K: 76.53µg (72.89%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 517.21mg (51.72%), Potassium: 1095.67mg (31.3%), Vitamin A: 1114.1IU (22.28%), Magnesium: 87.47mg (21.87%), Vitamin D: 2.89µg (19.28%), Vitamin C: 14.12mg (17.12%), Manganese: 0.33mg (16.39%), Vitamin B1: 0.23mg (15.02%), Vitamin B2: 0.25mg (14.49%), Folate: 55.57µg (13.89%), Iron: 2.33mg (12.96%), Vitamin E: 1.86mg (12.4%),

Calcium: 96.23mg (9.62%), Fiber: 2.2g (8.8%), Vitamin B5: 0.77mg (7.72%), Copper: 0.13mg (6.59%), Zinc: 0.92mg (6.12%)