



Seared Tuna with Blood Orange-Fennel Glaze and Relish with Sauteed Watercress

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



337 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups blood orange juice
- ☐ 2 blood oranges
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup fennel bulb finely sliced
- ☐ 2 teaspoons fennel seeds
- ☐ 2 cloves garlic sliced
- ☐ 1 tablespoon honey

- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 cup orange juice
- ☐ 2 tablespoons parsley finely chopped
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons sherry vinegar
- ☐ 3 tablespoons sherry vinegar
- ☐ 4 fillet tuna
- ☐ 2 bunches watercress dry washed and patted

Equipment

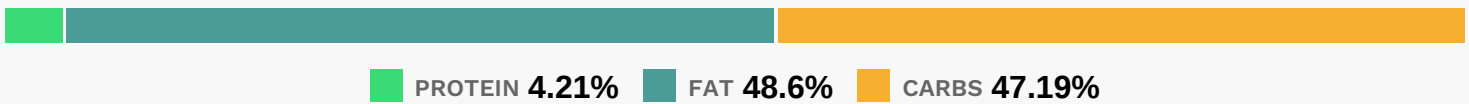
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Place a small saute pan over medium heat.
- ☐ Add the fennel seeds and toast for 1 minute.
- ☐ Place both juices and fennel seeds in a medium saucepan and cook over high heat until reduced to 1 cup.
- ☐ Remove from heat and whisk in mustard and honey.
- ☐ Heat saute pan or grill pan over high heat. Season the fillets on both sides with salt and pepper and brush 1 side of each piece of fish with the glaze. Cook glaze-side down until golden brown, about 2 minutes. Turn over, brush with more of the glaze and continue cooking for 1 to 2 minutes for medium-rare doneness.
- ☐ Whisk together the sherry, oil and salt and pepper in a medium bowl.

- ☐
- Add the orange segments and fennel and mix to combine. Season with salt and pepper, to taste and fold in the parsley.
- ☐
- Let sit at room temperature for 30 minutes before serving.
- ☐
- Heat oil in a large saute pan.
- ☐
- Add the garlic and cook over medium-high heat for 1 minute. Toss in the watercress and cook just until it wilts.
- ☐
- Add the vinegar, toss and serve.

Nutrition Facts



Properties

Glycemic Index:92.44, Glycemic Load:19.58, Inflammation Score:-9, Nutrition Score:17.937391416534%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 38.82mg, Hesperetin: 38.82mg, Hesperetin: 38.82mg, Hesperetin: 38.82mg Naringenin: 7.63mg, Naringenin: 7.63mg, Naringenin: 7.63mg, Naringenin: 7.63mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 336.77kcal (16.84%), Fat: 18.62g (28.64%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 38.34g (13.94%), Sugar: 31.98g (35.53%), Cholesterol: 0.36mg (0.12%), Sodium: 496.12mg (21.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Vitamin C: 169.93mg (205.98%), Vitamin K: 88.69µg (84.47%), Folate: 105.7µg (26.43%), Vitamin A: 1238.51IU (24.77%), Potassium: 820.4mg (23.44%), Vitamin B1: 0.32mg (21.42%), Vitamin E: 2.95mg (19.68%), Manganese: 0.26mg (12.8%), Magnesium: 50.99mg (12.75%), Copper: 0.19mg (9.58%), Vitamin B6: 0.19mg (9.45%), Fiber: 2.34g (9.37%), Phosphorus: 91.49mg (9.15%), Calcium: 86.55mg (8.66%), Vitamin B3: 1.67mg (8.34%), Iron: 1.49mg (8.27%), Vitamin B2: 0.13mg (7.79%), Vitamin B5: 0.74mg (7.39%), Selenium: 4.09µg (5.85%), Zinc: 0.37mg (2.44%)