



## Seared Tuna with Italian White Bean Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb tuna steaks
- 15 oz .5 can cannellini beans rinsed canned
- 2 Tbsp capers
- 0.5 cup basil fresh chopped
- 1 clove garlic minced
- 0.3 cup a.1. & sauce thick hearty
- 0.5 cup kalamata olives sliced
- 1 Tbsp oil

- 0.5 cup onions chopped
- 2 plum tomatoes seeded chopped
- 0.3 cup sun tomato vinaigrette dressing dried kraft

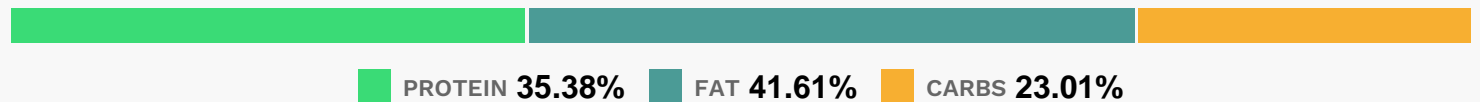
## Equipment

- frying pan

## Directions

- Combine first 8 ingredients; refrigerate until ready to serve.
- Brush fish with A.
- Heat oil in large skillet on high heat.
- Add fish; cook 3 min. or until edges are white but centers are still pink, turning after 2 min.
- Serve with bean salad.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:27.923913188603%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

## Nutrients (% of daily need)

Calories: 366.33kcal (18.32%), Fat: 16.88g (25.97%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 21g (7%), Net Carbohydrates: 16.62g (6.04%), Sugar: 4.02g (4.47%), Cholesterol: 43.09mg (14.36%), Sodium: 422.81mg (18.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.59%), Vitamin B12: 10.69µg (178.22%), Selenium: 43.03µg (61.47%), Vitamin A: 2801.61IU (56.03%), Vitamin B3: 10.1mg (50.49%), Vitamin D: 6.46µg (43.09%), Phosphorus: 363.97mg (36.4%), Vitamin B6: 0.62mg (30.75%), Vitamin K: 28.3µg (26.95%), Magnesium: 100.04mg (25.01%), Vitamin B1: 0.36mg (23.98%), Manganese: 0.46mg (22.82%), Vitamin E: 3.33mg (22.18%), Potassium:

690.86mg (19.74%), Iron: 3.53mg (19.64%), Vitamin B2: 0.33mg (19.13%), Fiber: 4.38g (17.53%), Copper: 0.31mg (15.64%), Folate: 56.34µg (14.09%), Vitamin B5: 1.37mg (13.72%), Zinc: 1.57mg (10.45%), Calcium: 77.38mg (7.74%), Vitamin C: 4.46mg (5.4%)