



Seared Tuna with Olive-Tapenade Vinaigrette and Arugula

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce ahi tuna steaks (each)
- ☐ 4 cups baby arugula packed ()
- ☐ 8.5 inch thick diagonal baguette
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 cup mixed-olive tapenade chopped
- ☐ 5 tablespoons olive oil plus additional extra-virgin for brushing
- ☐ 0.5 cup onion red chopped

☐ 0.3 cup balsamic vinegar white

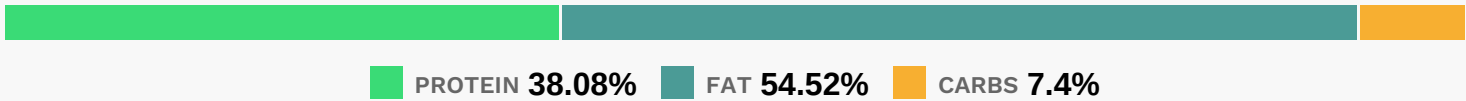
Equipment

☐ frying pan

Directions

- ☐ Mix tapenade, onion, basil, 5 tablespoonsoil, vinegar, and lemon peel in mediumbowl; season with salt and pepper.
- ☐ Brush baguette slices and tuna onboth sides with oil.
- ☐ Sprinkle tuna with saltand pepper.
- ☐ Heat large nonstick skilletover medium-high heat.
- ☐ Add baguette slices;toast until golden, 3 to 4 minutes per side.
- ☐ Transfer to plate.
- ☐ Add tuna to same skillet;cook to desired doneness, 1 to 2 minutesper side for medium-rare.
- ☐ Divide arugula among 4 plates.
- ☐ Cuttuna into slices; arrange atop arugula.Spoon tapenade vinaigrette over tuna.
- ☐ Place2 baguette slices alongside each and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:62.69, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:33.110869594242%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 441.33kcal (22.07%), Fat: 26.15g (40.24%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.17g (2.61%), Sugar: 3.9g (4.34%), Cholesterol: 64.64mg (21.55%), Sodium: 110.03mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.1g (82.21%), Vitamin B12: 16.04µg (267.34%), Selenium: 63.18µg (90.26%), Vitamin A: 4346.47IU (86.93%), Vitamin B3: 15.08mg (75.38%), Vitamin D: 9.7µg (64.64%), Phosphorus: 458.08mg (45.81%), Vitamin K: 45.03µg (42.88%), Vitamin B6: 0.82mg (41.14%), Vitamin B1: 0.46mg (30.69%), Vitamin E: 4.35mg (29%), Vitamin B2: 0.47mg (27.6%), Magnesium: 101.68mg (25.42%), Vitamin B5: 1.93mg (19.31%), Potassium: 565.21mg (16.15%), Iron: 2.56mg (14.24%), Manganese: 0.2mg (9.79%), Copper: 0.19mg (9.58%), Folate: 34.42µg (8.6%), Zinc: 1.23mg (8.19%), Calcium: 65.66mg (6.57%), Vitamin C: 5.02mg (6.08%), Fiber: 0.82g (3.29%)