



Sicilian Tuna Steaks with Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce tuna steaks (3/)
- 1 tablespoon balsamic vinegar
- 0.1 teaspoon pepper black
- 14.5 ounce canned tomatoes italian-style undrained canned
- 1 tablespoon capers
- 0.5 cup couscous uncooked
- 2 tablespoons cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free

- 1 tablespoon parsley fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons olives green pitted chopped
- 2 teaspoons olive oil
- 1 tablespoon pinenuts toasted
- 1 tablespoon raisins
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1 regular-size foil oven bag

Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 45
- Coat inside of oven bag with cooking spray.
- Place the bag on a large shallow baking pan.
- Combine broth and next 11 ingredients (broth through tomatoes) in a large bowl, and stir in couscous.
- Place couscous mixture in prepared oven bag.
- Place tuna on couscous mixture. Fold edge of bag over to seal.
- Bake at 450 for 20 minutes or until fish is medium-rare or desired degree of doneness.
- Cut open the bag with a sharp knife, and peel back foil.
- Sprinkle with the toasted pine nuts and 1 tablespoon parsley.

Nutrition Facts

PROTEIN 30.88% FAT 26.61% CARBS 42.51%

Properties

Glycemic Index:196.45, Glycemic Load:29.94, Inflammation Score:-10, Nutrition Score:45.397391402203%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 566.89kcal (28.34%), Fat: 16.62g (25.57%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 59.76g (19.92%), Net Carbohydrates: 52.37g (19.05%), Sugar: 12.71g (14.13%), Cholesterol: 53.86mg (17.95%), Sodium: 981.49mg (42.67%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 43.4g (86.81%), Vitamin B12: 13.42µg (223.73%), Vitamin K: 115.76µg (110.24%), Vitamin B3: 16.89mg (84.45%), Vitamin A: 4080.78IU (81.62%), Selenium: 53.84µg (76.91%), Manganese: 1.26mg (62.78%), Phosphorus: 545.45mg (54.54%), Vitamin D: 8.08µg (53.86%), Vitamin B6: 1.04mg (52.01%), Vitamin B1: 0.6mg (40.22%), Magnesium: 153.98mg (38.49%), Copper: 0.74mg (36.86%), Vitamin E: 5.42mg (36.1%), Potassium: 1191.06mg (34.03%), Vitamin C: 27.51mg (33.34%), Vitamin B2: 0.54mg (31.89%), Iron: 5.71mg (31.72%), Fiber: 7.38g (29.54%), Vitamin B5: 2.69mg (26.91%), Zinc: 2.21mg (14.75%), Folate: 50.86µg (12.72%), Calcium: 113.98mg (11.4%)