



HEALTH SCORE

53%

Slow-Roasted Tuna with Tomatoes, Herbs, and Spices



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 large garlic cloves cut into slivers



0.3 cup olive oil extra-virgin



1 teaspoon oregano dried



1.5 pounds plum tomatoes halved seeded chopped



1 large onion red thinly sliced



2.3 pound tuna fillet



0.3 cup citrus champagne vinegar

☐ 9 coriander seeds whole

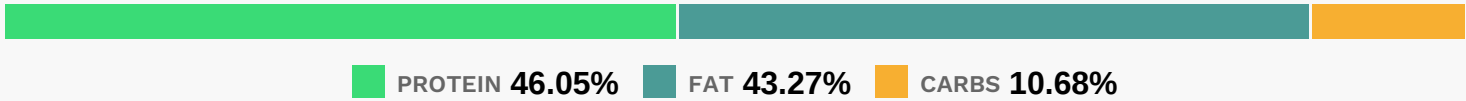
Equipment

- ☐ oven
- ☐ knife
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 200°F. Using knife, make 9 slits in sides of tuna. Fill each with 1 clove, 1 coriander seed, and 1 garlic sliver; sprinkle tuna with salt and pepper.
- ☐ Heat oil in ovenproof pot over medium heat.
- ☐ Add onion and sauté 8 minutes; push to side of pot.
- ☐ Add tuna and sauté until brown on all sides, about 12 minutes. Scatter tomatoes, oregano, and remaining garlic slivers around tuna.
- ☐ Sprinkle with salt and pepper.
- ☐ Pour vinegar over fish.
- ☐ Bake tuna uncovered until thermometer inserted into center registers 145°F for medium-rare, about 12 minutes.
- ☐ Transfer tuna to platter. Spoon tomato sauce over. Cool to room temperature. Slice tuna thinly and serve.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:1.68, Inflammation Score:-8, Nutrition Score:23.749999813412%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol:

0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

Nutrients (% of daily need)

Calories: 297.02kcal (14.85%), Fat: 14.13g (21.74%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.37g (1.95%), Sugar: 3.79g (4.21%), Cholesterol: 61.24mg (20.41%), Sodium: 381.08mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.67%), Selenium: 116.04µg (165.77%), Vitamin B3: 17.63mg (88.13%), Vitamin B12: 4.37µg (72.86%), Vitamin B6: 0.68mg (33.96%), Phosphorus: 275.55mg (27.56%), Vitamin C: 17.75mg (21.51%), Vitamin A: 1047.73IU (20.95%), Iron: 3.71mg (20.58%), Vitamin E: 2.97mg (19.78%), Potassium: 629.41mg (17.98%), Vitamin K: 18.69µg (17.8%), Magnesium: 60.19mg (15.05%), Vitamin D: 2.04µg (13.61%), Manganese: 0.26mg (13.08%), Vitamin B2: 0.17mg (10.22%), Fiber: 2.47g (9.9%), Zinc: 1.45mg (9.65%), Copper: 0.18mg (8.91%), Vitamin B1: 0.11mg (7.24%), Folate: 28.13µg (7.03%), Calcium: 65.76mg (6.58%), Vitamin B5: 0.39mg (3.87%)