

food
network



HEALTH SCORE

61%

Sweet and Sour Tuna Involtina



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 bay leaves



2 medium carrots chopped



2 ribs celery chopped



0.5 cup cooking wine dry red



4 tablespoons olive oil extra virgin



0.5 cup fennel fronds fresh chopped



1 bunch parsley italian chopped



1 medium onion red chopped

- ☐ 0.5 cup red wine vinegar
- ☐ 8 salt-packed anchovies
- ☐ 2 tablespoons thyme leaves plus 1 tablespoon fresh chopped
- ☐ 1.5 pounds tuna fillet cut into 8 thin steaks

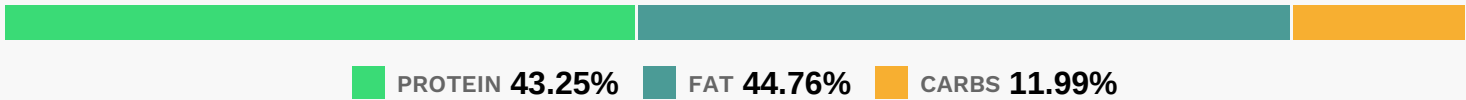
Equipment

- ☐ frying pan
- ☐ toothpicks
- ☐ cutting board

Directions

- ☐ Lay the tuna pieces out on a cutting board.
- ☐ Place one anchovy fillet, a pinch of fresh thyme and a fennel frond on each one and roll up to form an involtino. Secure each with two toothpicks.
- ☐ Heat oil in a 12 to 14-inch pan over medium high heat until smoking. Cook the involtini two to three at a time until lightly browned and remove to a plate.
- ☐ Add onions, carrots, celery and bay leaves to pan and cook until softened, about 8 to 10 minutes.
- ☐ Add tomato sauce, vinegar and wine and bring to a boil. Lower heat and simmer 30 minutes until thick as porridge. Put tuna into sauce and simmer covered for 5 to 6 minutes, just to warm through.
- ☐ Remove toothpicks from involtini, add parsley and serve.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:32.326086728469%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 31.38mg, Apigenin: 31.38mg, Apigenin: 31.38mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 352.76kcal (17.64%), Fat: 16.07g (24.72%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 6.73g (2.45%), Sugar: 3.43g (3.81%), Cholesterol: 61.24mg (20.41%), Sodium: 1027.29mg (44.66%), Alcohol: 3.15g (100%), Alcohol %: 1.11% (100%), Protein: 34.94g (69.87%), Vitamin K: 259.29µg (246.95%), Selenium: 115.67µg (165.24%), Vitamin A: 6668.55IU (133.37%), Vitamin B3: 17.59mg (87.95%), Vitamin B12: 4.37µg (72.86%), Vitamin C: 30.5mg (36.97%), Vitamin B6: 0.67mg (33.28%), Phosphorus: 276.37mg (27.64%), Iron: 4.85mg (26.94%), Vitamin E: 3.01mg (20.05%), Potassium: 646.59mg (18.47%), Magnesium: 63.59mg (15.9%), Vitamin D: 2.04µg (13.61%), Folate: 51.33µg (12.83%), Manganese: 0.26mg (12.78%), Vitamin B2: 0.21mg (12.37%), Fiber: 2.96g (11.83%), Zinc: 1.52mg (10.12%), Calcium: 96.73mg (9.67%), Copper: 0.16mg (8.21%), Vitamin B1: 0.1mg (6.87%), Vitamin B5: 0.51mg (5.15%)