

health-score100%

HEALTH SCORE

# Tasty Tuna Steak

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce tuna steak
- ☐ 1 head baby bok choy cleaned sliced
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1.5 teaspoons fennel seeds whole
- ☐ 0.8 cube fish bouillon crushed
- ☐ 3 cloves garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 tablespoon olive oil

- ☐ 1 bell pepper red cut into thin strips
- ☐ 2 servings salt and pepper black to taste

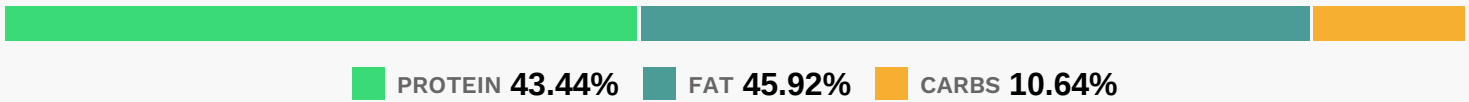
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat 1 tablespoon of olive oil in a skillet over medium heat. Stir in 1 1/2 teaspoons of whole fennel seeds, and cook until they bubble and begin to pop, about 30 seconds. Stir in the garlic and red bell pepper; cook and stir for 2 minutes. Stir in the fish bouillon until dissolved, then add the lemon juice, white wine, and bok choy. Cook and stir until the bok choy is tender, about 5 minutes.
- ☐ Meanwhile, combine some salt and pepper with the crushed fennel seeds on a plate. Press the tuna steak into the salt mixture on both sides.
- ☐ Heat the remaining tablespoon of olive oil in a separate skillet over high heat.
- ☐ Place the tuna steak in the skillet, and cook until browned on both sides and cooked to your desired degree of doneness, about 45 seconds per side for rare.
- ☐ Cut the tuna into 1/4-inch thick slices and arrange onto a serving platter. Top with the bok choy mixture to serve.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:29.794782514158%

## 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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 266.9kcal (13.34%), Fat: 13g (20.01%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.88g (3.2%), Cholesterol: 43.28mg (14.43%), Sodium: 243.97mg (10.61%), Alcohol: 1.54g (100%), Alcohol %: 0.93% (100%), Protein: 27.69g (55.37%), Vitamin B12: 10.7µg (178.32%), Vitamin C: 81.01mg (98.19%), Vitamin A: 4363.56IU (87.27%), Selenium: 42.27µg (60.38%), Vitamin B3: 10.56mg (52.78%), Vitamin D: 6.48µg (43.17%), Vitamin B6: 0.76mg (38.18%), Phosphorus: 321.63mg (32.16%), Vitamin B1: 0.32mg (21.55%), Vitamin E: 3.1mg (20.66%), Vitamin B2: 0.35mg (20.53%), Magnesium: 72.8mg (18.2%), Vitamin B5: 1.43mg (14.29%), Manganese: 0.28mg (13.8%), Potassium: 474.38mg (13.55%), Iron: 1.86mg (10.33%), Folate: 31.51µg (7.88%), Fiber: 1.97g (7.87%), Copper: 0.14mg (6.97%), Vitamin K: 7.27µg (6.93%), Zinc: 0.96mg (6.4%), Calcium: 41.9mg (4.19%)