



Toasted Fennel Crusted Tuna with Rioja Red Wine Sauce, Caramelized Baby Onions and Braised Fennel

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



786 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 head fennel bulb quartered
- ☐ 0.3 cup fennel seeds whole
- ☐ 4 servings parsley fresh chopped
- ☐ 3 tablespoons granulated sugar
- ☐ 1 tablespoon honey
- ☐ 4 servings juice of lemon

- ☐ 0.8 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil
- ☐ 10 pearl onions white peeled
- ☐ 1 cup port
- ☐ 10 pearl onions red peeled
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 0.3 cup sugar
- ☐ 4 fillet tuna
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup vegetable stock
- ☐ 0.5 cup water
- ☐ 0.5 cup white wine
- ☐ 2 cups rioja red wine

Equipment

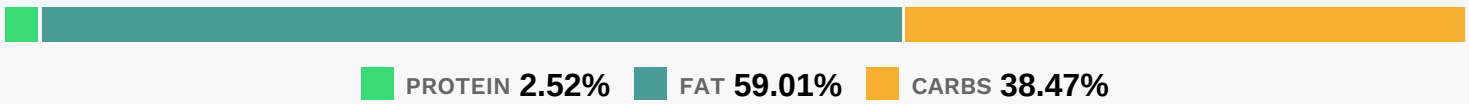
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place port, wine, sugar and honey in a medium stainless steel saucepan and cook over high heat until reduced to 1/4 cup, let cool.
- ☐ Place reduced liquid in a blender and with the motor running, add oil until emulsified. Season with lemon juice and salt and pepper to taste.
- ☐ Place water, butter and sugar in a medium saucepan and cook until the butter and sugar is melted.
- ☐ Add onions and cook over high heat until the water has evaporated and the onions are cooked through and caramelized. Season with salt and pepper and lemon juice.

- ☐ Heat a small saute pan over high heat.
- ☐ Add the fennel seeds and toast for 1 to 2 minutes.
- ☐ Place the seeds in a coffee grinder and grind until coarsely chopped. Season the tuna with salt and pepper to taste on both sides. Dredge 1 side of each fillet in the fennel seeds.
- ☐ Heat the oil in a large saute pan over high heat.
- ☐ Saute the tuna, fennel-side down until golden brown 1 to 2 minutes. Turn the fish over and continue cooking for 1 minute for rare doneness.
- ☐ Drizzle the fish with Rioja sauce and parsley.
- ☐ Serve with caramelized onions and braised fennel.
- ☐ For the Braised Fennel: Brown fennel in olive oil in medium pan. Deglaze pan with wine and stock. Season with salt and pepper. Cover and braise until tender.

Nutrition Facts



Properties

Glycemic Index:99.61, Glycemic Load:22.43, Inflammation Score:-9, Nutrition Score:18.973913070948%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 6.35mg, Petunidin: 6.35mg, Petunidin: 6.35mg, Petunidin: 6.35mg Delphinidin: 4.75mg, Delphinidin: 4.75mg, Delphinidin: 4.75mg, Delphinidin: 4.75mg Malvidin: 73.52mg, Malvidin: 73.52mg, Malvidin: 73.52mg, Malvidin: 73.52mg Peonidin: 3.86mg, Peonidin: 3.86mg, Peonidin: 3.86mg, Peonidin: 3.86mg Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg, Catechin: 14.72mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 9.25mg, Epicatechin: 9.25mg, Epicatechin: 9.25mg, Epicatechin: 9.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg, Apigenin: 8.84mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 7.54mg, Isorhamnetin: 7.54mg, Isorhamnetin: 7.54mg, Isorhamnetin: 7.54mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 33.08mg, Quercetin: 33.08mg, Quercetin: 33.08mg, Quercetin: 33.08mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 785.51kcal (39.28%), Fat: 41.72g (64.19%), Saturated Fat: 11.36g (71.03%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 54.37g (19.77%), Sugar: 41.05g (45.61%), Cholesterol: 30.46mg (10.15%), Sodium: 684.37mg (29.76%), Alcohol: 24.99g (100%), Alcohol %: 4.98% (100%), Protein: 4.01g (8.01%), Vitamin K: 122.04µg (116.23%), Manganese: 0.96mg (48.04%), Vitamin C: 30.48mg (36.94%), Vitamin E: 4.94mg (32.94%), Fiber: 6.84g (27.36%), Potassium: 833.76mg (23.82%), Magnesium: 73.7mg (18.43%), Vitamin A: 904.98IU (18.1%), Iron: 3.06mg (17.02%), Vitamin B6: 0.33mg (16.66%), Calcium: 160.94mg (16.09%), Phosphorus: 147.61mg (14.76%), Folate: 55.44µg (13.86%), Copper: 0.22mg (10.97%), Vitamin B2: 0.15mg (8.81%), Vitamin B1: 0.12mg (8.31%), Vitamin B3: 1.5mg (7.51%), Zinc: 0.92mg (6.12%), Vitamin B5: 0.44mg (4.45%), Selenium: 2.74µg (3.91%), Vitamin D: 0.22µg (1.48%)