



Tuna Carpaccio with Roasted Baby Beets and Citrus Pressed Olive Oil



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 golden baby beets
- ☐ 3 baby beets red
- ☐ 4 servings agrumato oil
- ☐ 4 servings chives chopped
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2 ounce micro greens
- ☐ 1 tablespoon olive oil

- ☐ 4 servings salt and pepper
- ☐ 12 ounce sushi grade tuna

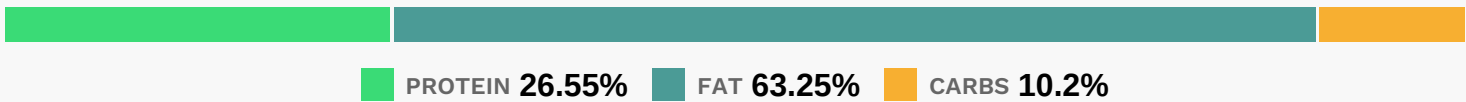
Equipment

- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Stretch a sheet of plastic wrap on flat countertop.
- ☐ Sprinkle with olive oil and place on piece of tuna in center of plastic wrap. Cover with same size of plastic wrap. Gently pound tuna with mallet until very thin. Repeat for remaining tuna. Keep cold until serving. Clean green tops from beets, place beets in a roasting pan with oil, thyme, salt and pepper.
- ☐ Add 2 tablespoons of water to prevent burning. Cover tightly with aluminum foil.
- ☐ Place in a preheated 375-degree oven for 45 minutes, until a knife easily penetrates beets. Cool to room temperature and with wet towel, peel skin off beets.
- ☐ Cut each beet into 4 quarters.
- ☐ Remove plastic from tuna and place on center of plate. Season with salt and pepper, drizzle with Agrumato and chopped chives. Toss micro greens and beets with Agrumato and shape greens into a small ball.
- ☐ Place greens at top of plate and randomly scatter beet pieces on carpaccio.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:15.303912857304%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 261.27kcal (13.06%), Fat: 18.44g (28.37%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4.18g (4.64%), Cholesterol: 30.62mg (10.21%), Sodium: 431.89mg (18.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.83%), Selenium: 58.16µg (83.09%), Vitamin B3: 8.74mg (43.72%), Vitamin B12: 2.19µg (36.43%), Vitamin E: 3.26mg (21.74%), Folate: 77.18µg (19.3%), Vitamin B6: 0.33mg (16.48%), Phosphorus: 148.28mg (14.83%), Vitamin K: 14.51µg (13.82%), Manganese: 0.26mg (13.04%), Iron: 2.21mg (12.3%), Potassium: 383.07mg (10.94%), Vitamin C: 8.48mg (10.28%), Magnesium: 37.29mg (9.32%), Fiber: 1.89g (7.55%), Vitamin D: 1.02µg (6.8%), Vitamin A: 320.84IU (6.42%), Vitamin B2: 0.11mg (6.31%), Zinc: 0.83mg (5.54%), Copper: 0.1mg (5.07%), Vitamin B1: 0.05mg (3.34%), Calcium: 32.12mg (3.21%), Vitamin B5: 0.25mg (2.46%)