



HEALTH SCORE

65%

Tuna Carpaccio with Watercress Salad and Balsamic Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ahi tuna steak cut into 1-inch squares
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 teaspoons chives fresh thinly sliced
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 4 servings sea salt fine

☐ 1 teaspoon shallots minced

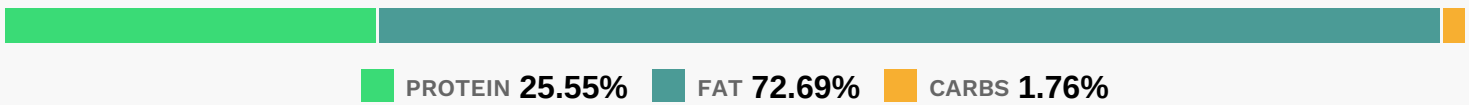
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Combine vinegar and mustard in small bowl; whisk in 4 tablespoons olive oil. Season dressing to taste with sea salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Place 1 sheet of plastic wrap on damp work surface (to prevent plastic from slipping). Arrange 1/4 of tuna squares 1 inch apart in circle on plastic. Cover with second sheet of plastic. Using flat side of mallet, gently pound tuna squares until they are very thin and form an 8- to 9-inch solid round.
- ☐ Place tuna round, still in plastic, on plate. Form 3 more rounds with remaining tuna. Refrigerate tuna carpaccio at least 30 minutes and up to 4 hours.
- ☐ Peel 1 plastic sheet from each tuna carpaccio round; invert onto plates and peel off remaining plastic.
- ☐ Brush each with 1 tablespoon olive oil, then sprinkle with lemon juice, chives, shallot, sea salt, and pepper. Toss watercress and 2 tablespoons dressing in medium bowl; season to taste with sea salt and pepper. Mound watercress atop and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:21.876956353369%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol:
0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 419.65kcal (20.98%), Fat: 33.58g (51.67%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 1.83g (0.61%),
Net Carbohydrates: 1.77g (0.64%), Sugar: 1.38g (1.53%), Cholesterol: 43.09mg (14.36%), Sodium: 243.98mg
(10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.55g (53.11%), Vitamin B12: 10.69µg (178.22%),
Selenium: 41.51µg (59.3%), Vitamin A: 2497.79IU (49.96%), Vitamin B3: 9.82mg (49.12%), Vitamin D: 6.46µg
(43.09%), Vitamin E: 5.18mg (34.51%), Phosphorus: 290.88mg (29.09%), Vitamin B6: 0.52mg (26.04%), Vitamin B1:
0.28mg (18.38%), Vitamin K: 17.93µg (17.08%), Vitamin B2: 0.29mg (16.84%), Magnesium: 58.43mg (14.61%), Vitamin
B5: 1.21mg (12.06%), Potassium: 303.81mg (8.68%), Iron: 1.4mg (7.75%), Copper: 0.1mg (5.1%), Zinc: 0.7mg (4.64%),
Vitamin C: 2.27mg (2.75%), Manganese: 0.03mg (1.66%), Calcium: 12.77mg (1.28%)