

food  
network



HEALTH SCORE

67%

## Tuna Crusted with Aleppo Peppers with Tangerine-Green Onion Relish, Melted Leeks and Red Wine-Pomegranate Reduction



Gluten Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



905 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 28 ounce tuna steaks
- ☐ 0.3 cup ground aleppo peppers
- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 tablespoon butter cold
- ☐ 1 large carrots coarsely chopped
- ☐ 1 stalk celery coarsely chopped

- ☐ 2 tablespoons granulated sugar
- ☐ 2 green onions thinly sliced
- ☐ 4 leeks split washed well
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 1 tablespoon butterground pepper to taste
- ☐ 1 cup port 3 tablespoons pomegranate molasses
- ☐ 0.3 onion red thinly sliced
- ☐ 2 cups red wine
- ☐ 4 servings salt
- ☐ 4 servings salt and freshly
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 3 tangerines peeled

## Equipment

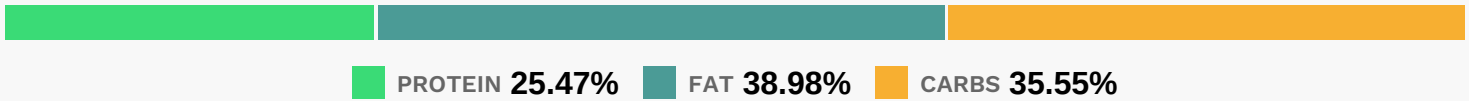
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

## Directions

- ☐ Season tuna on both sides with salt. Dust 1 side of the tuna with the peppers.
- ☐ Heat oil in a large saute pan over medium-high heat. Sear the tuna, pepper side down, until golden brown, about 1 to 2 minutes, turn over and continue cooking for 2 minutes for medium-rare doneness.

- ☐ To plate, divide the melted leeks onto 4 serving plates. Arrange each tuna steak on top of the melted leeks.
- ☐ Place a tablespoon of the Tangerine–Green Onion Relish on top of the tuna, and drizzle the entire dish with the Red–Wine Pomegranate Reduction.
- ☐ Combine all ingredients in a medium bowl and season with salt and pepper to taste.
- ☐ Place leeks, onion, carrot, celery, and water to cover in a large pot and season with salt and pepper. Bring to a simmer and cook until cooked through, about 20 to 25 minutes.
- ☐ Drain well and thinly slice.
- ☐ Heat oil and butter in a large saute pan over medium heat.
- ☐ Add leeks, season with salt and pepper and cook for 10 to 15 minutes.
- ☐ Place wine and port in a small saucepan and reduce to 1 cup.
- ☐ Whisk in pomegranate molasses and sugar and taste for sweetness.
- ☐ Whisk in cold butter just before serving and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:103.98, Glycemic Load:13.24, Inflammation Score:-10, Nutrition Score:56.061739050824%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.64mg, Catechin: 8.64mg, Catechin: 8.64mg, Catechin: 8.64mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg, Epicatechin: 4.58mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg, Hesperetin: 6mg Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg, Naringenin: 8.76mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

11.07mg, Quercetin: 11.07mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 905.13kcal (45.26%), Fat: 35.7g (54.92%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 73.23g (24.41%), Net Carbohydrates: 62.62g (22.77%), Sugar: 42.18g (46.87%), Cholesterol: 82.93mg (27.64%), Sodium: 1165.4mg (50.67%), Alcohol: 12.72g (100%), Alcohol %: 2.44% (100%), Protein: 52.48g (104.96%), Vitamin B12: 18.72µg (311.99%), Vitamin A: 13860.27IU (277.21%), Selenium: 77.34µg (110.49%), Vitamin B3: 20.28mg (101.4%), Vitamin E: 12.85mg (85.68%), Vitamin K: 89.08µg (84.84%), Vitamin B6: 1.64mg (82.07%), Vitamin D: 11.31µg (75.41%), Phosphorus: 675.02mg (67.5%), Manganese: 1.32mg (66.06%), Magnesium: 195.57mg (48.89%), Vitamin B2: 0.83mg (48.72%), Vitamin B1: 0.66mg (44.28%), Iron: 7.83mg (43.48%), Fiber: 10.61g (42.43%), Vitamin C: 34.19mg (41.44%), Potassium: 1438.91mg (41.11%), Copper: 0.58mg (29.02%), Vitamin B5: 2.71mg (27.11%), Folate: 99.01µg (24.75%), Calcium: 199.34mg (19.93%), Zinc: 2.51mg (16.7%)