



Tuna in Scapece with Scallion

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 6 eggs beaten
- ☐ 2 tablespoons torn fennel fronds
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 pound tuna fresh
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 1 teaspoon oregano flowers dried
- ☐ 0.5 cup pecorino freshly grated
- ☐ 2 plum tomatoes finely chopped
- ☐ 0.5 medium onion red thinly sliced
- ☐ 1 pinch pepper flakes red
- ☐ 4 tablespoons red wine vinegar
- ☐ 0.5 cup scallions finely sliced
- ☐ 4 servings sea salt and pepper black freshly ground

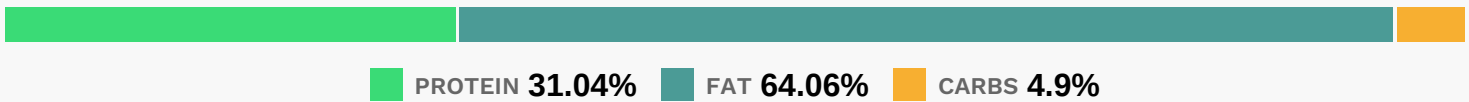
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Bring 2 quarts water to a boil.
- ☐ Cut the tuna into 1 1/2-inch cubes and drop into the boiling water for a maximum of 10 to 20 seconds. Carefully drain the tuna and set on a serving platter to cool in 1 layer. In a mixing bowl, stir together 4 tablespoons olive oil, vinegar, tomatoes, mint, crushed peppers, and oregano flowers. When the tuna is cool, pour the liquid mixture over the fish and set it aside. In a 6 to 8-inch saute pan, heat 3 tablespoons olive oil until smoking. In a mixing bowl, stir together the eggs, scallions, and pecorino.
- ☐ Pour into the smoking pan and cook until the omelet is set. Cool and cut the frocia into 6 pieces. Divide the tuna over the pieces of the frocia and serve with onion salad.
- ☐ Combine all ingredients and serve with tuna.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:33.604348244874%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 517.76kcal (25.89%), Fat: 36.45g (56.08%), Saturated Fat: 8.58g (53.65%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.47g (2.74%), Cholesterol: 301.61mg (100.54%), Sodium: 307.17mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.74g (79.48%), Vitamin B12: 11.42µg (190.35%), Selenium: 63.8µg (91.14%), Vitamin A: 3561.21IU (71.22%), Phosphorus: 539.49mg (53.95%), Vitamin D: 7.85µg (52.31%), Vitamin B3: 10.32mg (51.61%), Vitamin K: 49.96µg (47.58%), Vitamin B2: 0.67mg (39.43%), Vitamin E: 5.46mg (36.4%), Vitamin B6: 0.71mg (35.65%), Vitamin B5: 2.36mg (23.56%), Vitamin B1: 0.34mg (22.35%), Calcium: 216.25mg (21.62%), Magnesium: 83.66mg (20.92%), Iron: 3.38mg (18.75%), Potassium: 590.04mg (16.86%), Folate: 56.73µg (14.18%), Zinc: 2.07mg (13.79%), Vitamin C: 10.94mg (13.26%), Manganese: 0.21mg (10.61%), Copper: 0.21mg (10.44%), Fiber: 1.82g (7.27%)