



Tuna Steaks with Caramelized Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 2 medium onion thinly sliced
- ☐ 3 peppercorns
- ☐ 0.5 bay leaves
- ☐ 0.5 cup wine dry white
- ☐ 12 oz ahi tuna steak

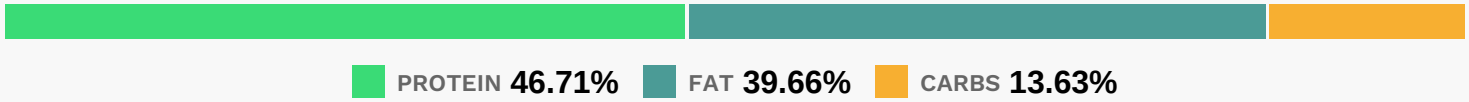
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large skillet over medium heat until hot.
- ☐ Add onions; cook about 15 minutes or until onions are golden brown, stirring occasionally.
- ☐ Add peppercorns, bay leaf and wine. Bring to a boil. Reduce heat to medium-low; simmer 10 minutes, stirring occasionally.
- ☐ Move onions to side of skillet. If necessary, add additional oil to skillet. Increase heat to high.
- ☐ Add tuna steaks; cook about 3 minutes or until browned on both sides.
- ☐ Reduce heat to medium; cook 4 to 6 minutes or until fish flakes easily with fork, stirring onions occasionally.
- ☐ Serve tuna steaks with onions.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:31.036956579789%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg, Quercetin: 22.35mg

Nutrients (% of daily need)

Calories: 400.47kcal (20.02%), Fat: 15.45g (23.77%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.03g (3.65%), Sugar: 5.24g (5.82%), Cholesterol: 64.64mg (21.55%), Sodium: 73.91mg (3.21%), Alcohol: 6.18g (100%), Alcohol %: 2.26% (100%), Protein: 40.95g (81.91%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.7µg (89.58%), Vitamin B3: 14.91mg (74.57%), Vitamin A: 3717.79IU (74.36%), Vitamin D: 9.7µg (64.64%), Phosphorus: 475.01mg (47.5%), Vitamin B6: 0.94mg (46.84%), Vitamin B1: 0.46mg (30.91%), Vitamin B2: 0.47mg

(27.41%), Magnesium: 102.34mg (25.58%), Vitamin B5: 1.96mg (19.57%), Vitamin E: 2.73mg (18.22%), Potassium: 634.04mg (18.12%), Manganese: 0.26mg (12.94%), Iron: 2.19mg (12.18%), Vitamin C: 8.15mg (9.88%), Copper: 0.19mg (9.68%), Zinc: 1.28mg (8.55%), Fiber: 1.91g (7.66%), Folate: 24.97µg (6.24%), Vitamin K: 5.14µg (4.89%), Calcium: 45.25mg (4.53%)