



Tuna with Black Pepper, Artichokes, and Lemon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19.5 ounce artichoke hearts halved drained
- ☐ 1 teaspoon pepper black
- ☐ 2 cups rice cooked
- ☐ 1.5 pounds tuna steaks fresh cut into 1-inch cubes
- ☐ 2 cloves garlic thinly sliced
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 optional: lemon cut into 8 slices

- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion red thinly sliced

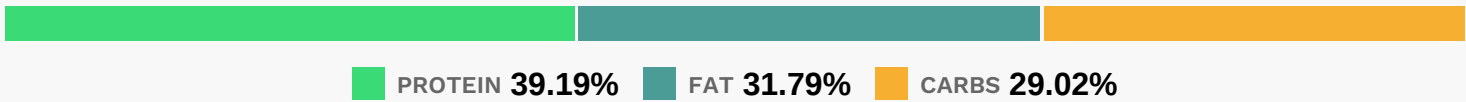
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in a large skillet over medium heat.
- ☐ Add the onion and cook until softened, about 3 minutes.
- ☐ Add the artichokes, lemon, garlic, and thyme (if using). Cook until heated through, 3 more minutes.
- ☐ Transfer to a plate. Season the tuna with the salt and pepper.
- ☐ Heat the remaining oil in the skillet. Cook the tuna, turning to brown all sides, to the desired doneness, about 2 minutes for medium. Return the artichoke mixture to skillet and toss to combine.
- ☐ Serve over the rice.Tip: Look for artichokes packed in water or oil, not marinade. If you can't find them, rinse the artichokes thoroughly with water, then pat them dry.

Nutrition Facts



Properties

Glycemic Index:55.88, Glycemic Load:24.85, Inflammation Score:-10, Nutrition Score:32.436521727106%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 458.24kcal (22.91%), Fat: 15.67g (24.11%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 28.6g (10.4%), Sugar: 2.38g (2.64%), Cholesterol: 64.64mg (21.55%), Sodium: 1451.06mg (63.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.47g (86.94%), Vitamin B12: 16.04µg (267.34%), Selenium: 68.43µg (97.75%), Vitamin B3: 15.1mg (75.48%), Vitamin A: 3722.31IU (74.45%), Vitamin D: 9.7µg (64.64%), Phosphorus: 477.41mg (47.74%), Vitamin B6: 0.91mg (45.28%), Vitamin B1: 0.45mg (29.76%), Vitamin B2: 0.45mg (26.4%), Manganese: 0.52mg (25.77%), Magnesium: 99.32mg (24.83%), Vitamin B5: 2.19mg (21.85%), Vitamin C: 15.8mg (19.15%), Vitamin E: 2.79mg (18.6%), Potassium: 526.54mg (15.04%), Fiber: 3.59g (14.37%), Iron: 2.2mg (12.25%), Copper: 0.23mg (11.4%), Zinc: 1.47mg (9.82%), Vitamin K: 5.11µg (4.87%), Calcium: 37.23mg (3.72%), Folate: 11.48µg (2.87%)