



Tuna with Mediterranean Lentil Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce tuna steaks
- 1 cup carrots diced
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 1.5 tablespoons juice of lemon
- 1 cup lentils dry rinsed drained
- 2 tablespoons olive oil
- 0.5 cup onion diced red

4 servings salt and pepper black to taste

3 cups water

Equipment

bowl

frying pan

sauce pan

Directions

Heat 1 tablespoon of olive oil in a large saucepan over medium heat, and cook and stir the carrots, red onion, garlic, and salt and pepper until the onions are translucent, about 5 minutes. Stir in the lentils and water, bring to a boil, and reduce heat to a simmer. Cook the lentils until tender but not mushy, about 20 minutes.

Drain off excess liquid, and transfer to a bowl. Stir in 3 tablespoons of olive oil, 1 1/2 tablespoons of lemon juice, parsley, and additional salt and black pepper if needed.

Drizzle 1 1/2 tablespoons of lemon juice over the tuna steaks, and sprinkle both sides of the steaks with salt and pepper. In a large skillet, heat 2 tablespoons of olive oil over medium-high heat until the oil is very hot, place the steaks into the hot oil, and sear on each side until the outside of the tuna is well browned and the inside is pink, about 2 minutes per side. Divide the lentil salad between 4 plates, and serve a tuna steak next to the salad.

Nutrition Facts


PROTEIN 44.54% **FAT 29.31%** **CARBS 26.15%**

Properties

Glycemic Index:40.11, Glycemic Load:5.1, Inflammation Score:-10, Nutrition Score:51.116521710935%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg

0.6mg, Myricetin: 0.6mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 543.03kcal (27.15%), Fat: 17.38g (26.74%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 34.89g (11.63%),
Net Carbohydrates: 18.85g (6.85%), Sugar: 3.53g (3.92%), Cholesterol: 75.41mg (25.14%), Sodium: 308.37mg
(13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.43g (118.85%), Vitamin B12: 18.71µg (311.89%),
Vitamin A: 10013.5IU (200.27%), Selenium: 76.77µg (109.67%), Vitamin B3: 18.83mg (94.13%), Vitamin D: 11.31µg
(75.41%), Phosphorus: 742.45mg (74.25%), Vitamin K: 72.44µg (68.99%), Fiber: 16.05g (64.19%), Vitamin B6: 1.25mg
(62.74%), Folate: 250.64µg (62.66%), Vitamin B1: 0.94mg (62.35%), Magnesium: 167.99mg (42%), Manganese:
0.77mg (38.6%), Vitamin B2: 0.63mg (37.03%), Iron: 6.08mg (33.8%), Vitamin B5: 3.26mg (32.62%), Potassium:
1122.78mg (32.08%), Zinc: 3.67mg (24.5%), Copper: 0.48mg (24.07%), Vitamin E: 3.48mg (23.2%), Vitamin C:
13.11mg (15.89%), Calcium: 71.66mg (7.17%)