



Tuna with Savory Mint Sauce



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 2 clove garlic minced
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 0.8 cup malt vinegar
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoon sugar
- ☐ 3 tablespoon water

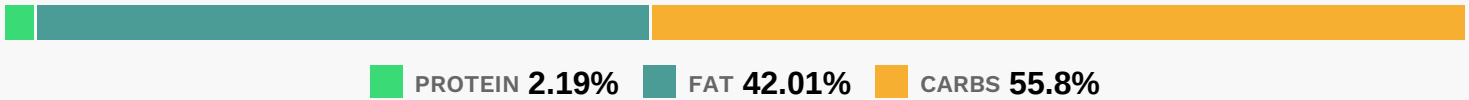
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ broiler

Directions

- ☐ Put ½ cup of the mint in a medium glass or stainless-steel bowl. In a small stainless-steel saucepan, bring the water to a simmer over moderate heat.
- ☐ Add the sugar and stir until completely dissolved.Stir in the vinegar, garlic, and ¼ teaspoon of the salt. Continue to cook 8 or 10 more minutes, until the sauce reduces some and gets slightly syrupy.
- ☐ Pour the mixture over the mint in the bowl.
- ☐ Let sit 15 minutes.Light the grill or heat the broiler. Coat the tuna with the oil. Season with the remaining ½-teaspoon salt and the pepper. Cook the tuna for 4 minutes. Turn and cook until done to your taste, 3 to 4 minutes longer for medium rare.Strain the mint sauce through a sieve into a sauce boat or serving bowl. Stir in the remaining mint. Pass the sauce with the fish.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:6.45, Inflammation Score:-3, Nutrition Score:2.1299999796826%

Flavonoids

Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 82.65kcal (4.13%), Fat: 3.62g (5.57%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 10.08g (3.66%), Sugar: 9.02g (10.02%), Cholesterol: 0mg (0%), Sodium: 440.6mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Manganese: 0.17mg (8.4%), Vitamin A: 359.24IU (7.18%), Vitamin C: 3.15mg (3.82%), Vitamin E: 0.51mg (3.38%), Fiber: 0.74g (2.95%), Iron: 0.51mg (2.82%), Calcium: 27.37mg (2.74%), Folate: 9.69µg (2.42%), Vitamin K: 2.34µg (2.23%), Magnesium: 7.94mg (1.99%), Copper: 0.04mg (1.98%), Potassium: 56.95mg (1.63%), Vitamin B2: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.49%), Phosphorus: 10.56mg (1.06%)