



 **100%**
HEALTH SCORE

Tuna with White Beans and Sun-Dried Tomato Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce ahi tuna steak (each)
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 6.5 ounces great northern beans dried
- 5 teaspoons thyme dried fresh chopped
- 1 tablespoon lemon zest grated
- 5 cups chicken broth canned

- 7 tablespoons olive oil
- 0.5 cup onion chopped
- 4 servings sun-dried olives

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place beans in medium bowl.
- Add enough cold water to cover beans by 3 inches.
- Let stand overnight.
- Drain.
- Combine beans and stock in large saucepan. Bring to boil. Reduce heat to medium; cover and simmer until beans are just tender, about 1 hour.
- Drain, reserving 1/2 cup cooking liquid.
- Heat 3 tablespoons oil in heavy large skillet over medium heat.
- Add onion, carrot and celery and sauté until almost tender, about 5 minutes.
- Add thyme and lemon peel and stir 1 minute.
- Add beans, reserved 1/2 cup cooking liquid and 2 tablespoons oil and toss until heated through, about 5 minutes. Season to taste with salt and pepper.
- Remove from heat. Cover to keep warm.
- Heat remaining 2 tablespoons oil in another heavy large skillet over medium-high heat.
- Sprinkle tuna with salt and pepper.
- Add tuna to skillet and cook to desired doneness, about 3 minutes per side for medium.
- Spoon beans onto center of each of 4 plates, dividing equally among plates. Top each with tuna steak. Spoon Sun-dried Tomato Sauce over tuna steaks and serve immediately.

Nutrition Facts



■ PROTEIN 32.49% ■ FAT 45.82% ■ CARBS 21.69%

Properties

Glycemic Index:33.96, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:49.378695695297%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 687.95kcal (34.4%), Fat: 35.34g (54.36%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 26.61g (9.67%), Sugar: 3.66g (4.07%), Cholesterol: 64.64mg (21.55%), Sodium: 185.56mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.39g (112.77%), Vitamin B12: 16.34µg (272.25%), Vitamin A: 6500.26IU (130.01%), Vitamin B3: 20.04mg (100.21%), Selenium: 68.32µg (97.6%), Phosphorus: 747.15mg (74.72%), Vitamin D: 9.7µg (64.64%), Folate: 241.13µg (60.28%), Vitamin B6: 1.08mg (53.88%), Vitamin B1: 0.75mg (49.72%), Magnesium: 185.29mg (46.32%), Fiber: 11.04g (44.16%), Vitamin K: 45.27µg (43.11%), Manganese: 0.86mg (42.98%), Potassium: 1481.65mg (42.33%), Vitamin B2: 0.66mg (38.68%), Iron: 6.77mg (37.64%), Vitamin E: 5.57mg (37.14%), Copper: 0.73mg (36.4%), Vitamin B5: 2.42mg (24.24%), Zinc: 2.57mg (17.13%), Calcium: 147.94mg (14.79%), Vitamin C: 8.21mg (9.95%)