



 **66%**  
HEALTH SCORE

## Biblos Grilled Tuna Nicoise

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

READY IN



**223 min.**

SERVINGS



**4**

CALORIES



**463 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 tuna steaks
- 1 tablespoon capers drained
- 1 teaspoon garlic crushed (recommended: Christopher Ranch)
- 1 cup cut green beans frozen french thawed
- 2 hardboiled eggs quartered
- 0.5 cups dressing italian (recommended: Newman's Own)
- 0.3 cup olive tapenade
- 15 ounce potatoes sliced canned

- 4 cups salad greens mixed fresh (recommended: Express)
- 2 tomatoes quartered

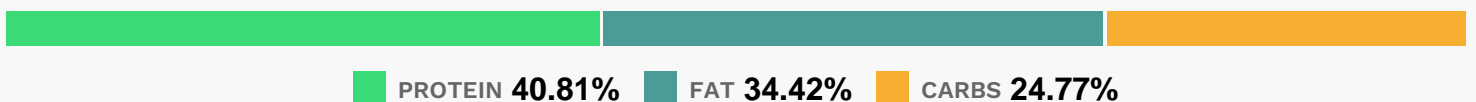
## Equipment

- bowl
- toothpicks
- ziploc bags
- grill pan

## Directions

- Cut a pocket into the side of the tuna steaks; set aside.
- In a bowl, combine olive tapenade, garlic, and capers. Stuff tuna steaks with olive mixture and secure opening with toothpicks.
- Place stuffed tuna steaks in a large resealable plastic bag with the salad dressing. Squeeze out air and seal bag.
- Place in second bag to prevent any leaking. Marinate in refrigerator 1 to 3 hours.
- Remove tuna from marinade and let come to room temperature, about 20 minutes. Discard marinade.
- Heat an oiled grill pan over medium-high heat.
- Place tuna in grill pan and cook 3 to 4 minutes per side or until done. Be careful not to cook past medium or tuna will dry out quickly.
- Remove from grill pan and set aside.
- Place salad mix onto a large serving platter.
- Garnish with slices of boiled egg, green beans, tomato wedges, and sliced potatoes.
- Remove toothpicks from tuna and place on top of greens.

## Nutrition Facts



## Properties

Glycemic Index:49.44, Glycemic Load:14.83, Inflammation Score:-10, Nutrition Score:41.714782279471%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg, Quercetin: 5.32mg

## Nutrients (% of daily need)

Calories: 463.48kcal (23.17%), Fat: 17.51g (26.94%), Saturated Fat: 3.89g (24.3%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 24.45g (8.89%), Sugar: 6.81g (7.57%), Cholesterol: 157.85mg (52.62%), Sodium: 466mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.71g (93.43%), Vitamin B12: 16.31µg (271.81%), Selenium: 71.11µg (101.59%), Vitamin A: 5013.07IU (100.26%), Vitamin B3: 16.69mg (83.46%), Vitamin D: 10.24µg (68.27%), Vitamin B6: 1.27mg (63.3%), Phosphorus: 581.96mg (58.2%), Vitamin C: 42.44mg (51.44%), Vitamin B1: 0.58mg (38.42%), Vitamin B2: 0.65mg (38.4%), Potassium: 1208.53mg (34.53%), Vitamin K: 35.73µg (34.03%), Magnesium: 132.31mg (33.08%), Vitamin B5: 2.63mg (26.26%), Vitamin E: 3.07mg (20.5%), Iron: 3.68mg (20.47%), Manganese: 0.41mg (20.31%), Copper: 0.35mg (17.74%), Folate: 64.99µg (16.25%), Fiber: 3.9g (15.6%), Zinc: 1.88mg (12.54%), Calcium: 66.36mg (6.64%)