



HEALTH SCORE

100%

Caesar Salad with Pepper-Grilled Tuna



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce tuna steaks
- ☐ 0.3 cup peppercorns whole black
- ☐ 1 tablespoon brown sugar dark packed ()
- ☐ 10 ounce baby greens mixed
- ☐ 1 bunch radishes trimmed sliced
- ☐ 0.3 cup soya sauce
- ☐ 6 servings caesar vinaigrette

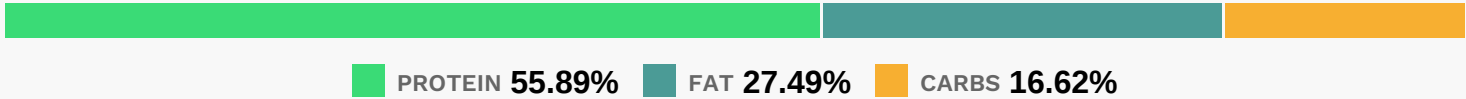
Equipment

- ☐ bowl
- ☐ grill
- ☐ mortar and pestle
- ☐ pie form

Directions

- ☐ Prepare barbecue (medium-high heat). Stir soy sauce and brown sugar in pie dish until sugar dissolves. Using mortar and pestle or spice mill, coarsely grind peppercorns. Dip both sides of tuna steaks in soy mixture.
- ☐ Sprinkle both sides of tuna generously with peppercorns, pressing to adhere. Grill tuna to desired doneness, about 2 minutes per side for medium-rare.
- ☐ Combine greens and radishes in large bowl. Toss with enough Caesar Vinaigrette to coat salad. Season to taste with salt and pepper. Divide salad among 6 plates.
- ☐ Cut tuna crosswise into thin slices; place alongside salad.
- ☐ Drizzle tuna and greens with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:31.688261094301%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 7.82g (12.03%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 7.93g (2.88%), Sugar: 2.35g (2.61%), Cholesterol: 53.86mg (17.95%), Sodium: 613.34mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.52%), Vitamin B12: 13.37µg (222.78%), Selenium: 52.58µg (75.11%), Vitamin A: 3685.61IU (73.71%), Manganese: 1.4mg (70.16%), Vitamin B3: 13.04mg (65.22%), Vitamin D: 8.08µg (53.86%), Phosphorus: 408.35mg (40.84%), Vitamin B6: 0.74mg (36.88%), Vitamin B1: 0.37mg (24.88%), Magnesium: 97.81mg (24.45%), Vitamin B2: 0.42mg (24.42%), Potassium: 612.13mg (17.49%), Vitamin B5: 1.74mg (17.41%), Iron: 2.97mg (16.52%), Vitamin K: 17.23µg (16.41%), Vitamin C: 12.2mg (14.78%), Copper:

0.29mg (14.74%), Fiber: 2.7g (10.82%), Vitamin E: 1.57mg (10.44%), Zinc: 1.13mg (7.55%), Calcium: 66.83mg (6.68%), Folate: 25.84µg (6.46%)