



WHATSheATE



## Caper-Rosemary Tuna with Herb Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



36 ounce tuna steaks 1-inch-thick



0.5 cup herb leaves fresh assorted loosely packed () (such as tarragon, chervil, oregano, celery leaves, and marjoram)



2 tablespoons capers drained



4 teaspoons liquid from capers in jar



2 teaspoons rosemary fresh finely minced



1 teaspoon juice of lemon fresh



4 teaspoons lemon zest finely grated



1 teaspoon olive oil extra-virgin

- ☐ 1 small onion thinly sliced quartered (1 scant cup)
- ☐ 2 cups parsley leaves fresh italian loosely packed ( )
- ☐ 1 pinch of pepper dried red crushed
- ☐ 1 teaspoon sea salt fine
- ☐ 1 pinch sugar

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

## Directions

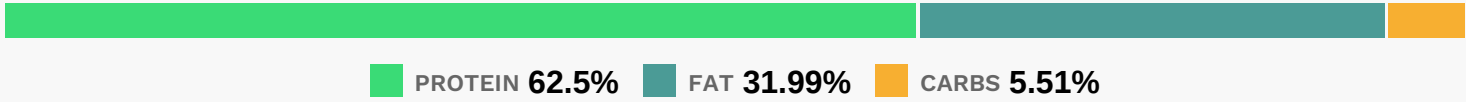
- ☐ Whisk first 9 ingredients in large bowl.Stir in onion.
- ☐ Transfer mixture to resealableplastic bag.
- ☐ Add tuna and seal bag, releasingsany excess air; turn to coat.
- ☐ Let marinate at room temperature 1 hour, turningoccasionally. (Alternatively, chill 4 hours,turning occasionally, then allow to return toroom temperature before continuing.)
- ☐ Mix parsley and other herbsin large bowl.
- ☐ Sprinkle with salt and pepper.Cover and chill while preparing fish.
- ☐ Prepare barbecue (high heat).
- ☐ Brush grillrack with oil.
- ☐ Remove tuna from bag, scrapingexcess marinade back into bag. Grill until grillmarks appear but tuna is still rare in centers,2 to 3 minutes per side.
- ☐ Transfer to plate.
- ☐ Pour marinade into small saucepan.Bring just to simmer.
- ☐ Drizzle 1 teaspoon oil and lemon juiceover herb salad; toss to coat.
- ☐ Place 1 tunasteak on each plate. Spoon warm marinadeover. Divide herb salad among plates.

☐ Per serving: 328 calories, 16g fat (2g saturated),76mg cholesterol, 666mg sodium, 5g carbohydrates, 2g fiber, 40g protein

☐ Nutrition Data

☐ See Nutrition Data's complete analysis of this recipe ›

# Nutrition Facts



## Properties

Glycemic Index:26.85, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:36.882608849069%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 43.66mg, Apigenin: 43.66mg, Apigenin: 43.66mg, Apigenin: 43.66mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg, Quercetin: 9.41mg

## Nutrients (% of daily need)

Calories: 267.92kcal (13.4%), Fat: 9.25g (14.23%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.13g (0.78%), Sugar: 1.19g (1.32%), Cholesterol: 64.64mg (21.55%), Sodium: 592.5mg (25.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.66g (81.33%), Vitamin K: 335.23µg (319.26%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 5498.93IU (109.98%), Selenium: 62.31µg (89.01%), Vitamin B3: 15.09mg (75.47%), Vitamin D: 9.7µg (64.64%), Phosphorus: 452.46mg (45.25%), Vitamin B6: 0.82mg (41.23%), Vitamin C: 30.3mg (36.72%), Vitamin B1: 0.44mg (29.23%), Vitamin B2: 0.47mg (27.52%), Magnesium: 100.02mg (25%), Vitamin B5: 1.94mg (19.43%), Potassium: 612.97mg (17.51%), Iron: 3.13mg (17.38%), Vitamin E: 2.05mg (13.66%), Folate: 44.42µg (11.1%), Copper: 0.2mg (10.22%), Zinc: 1.3mg (8.66%), Fiber: 1.46g (5.82%), Calcium: 55.62mg (5.56%), Manganese: 0.1mg (4.89%)