



 **69%**
HEALTH SCORE

Grilled Mediterranean Tuna Steaks

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

READY IN



35 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup tomatoes chopped
- 1 ounce feta cheese crumbled
- 2 tablespoons olives ripe chopped
- 3 tablespoons oregano fresh chopped
- 0.3 cup vegetable oil
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 2 pounds ahi tuna steak

Equipment

- bowl
- grill

Directions

- In medium bowl, gently toss tomato, cheese, olives and 1 tablespoon of the basil. Cover and refrigerate until serving.
- Spray grill rack with cooking spray.
- Heat coals or gas grill for direct heat.
- In small bowl, mix remaining 2 tablespoons basil, the oil, garlic salt and pepper.
- Brush mixture over tuna.
- Grill tuna uncovered 4 inches from medium-high heat 5 minutes. Turn carefully; brush with any remaining oil mixture. Grill 10 to 15 minutes longer or until tuna flakes easily with a fork.
- Serve topped with tomato mixture.

Nutrition Facts

PROTEIN 45.58% **FAT 50.93%** **CARBS 3.49%**

Properties

Glycemic Index:25.5, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:40.186521778936%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 486.89kcal (24.34%), Fat: 27.09g (41.68%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.91g (1.01%), Cholesterol: 92.49mg (30.83%), Sodium: 524.69mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.56g (109.11%), Vitamin B12: 21.51µg (358.44%), Selenium: 84.06µg (120.08%), Vitamin A: 5293.78IU (105.88%), Vitamin B3: 20.05mg (100.24%), Vitamin D: 12.96µg (86.37%), Phosphorus: 612.56mg (61.26%), Vitamin B6: 1.13mg (56.25%), Vitamin K: 50.97µg (48.54%), Vitamin B2:

0.65mg (38.51%), Vitamin B1: 0.58mg (38.36%), Magnesium: 128.6mg (32.15%), Vitamin E: 4.38mg (29.23%),
Vitamin B5: 2.52mg (25.21%), Iron: 3.85mg (21.4%), Potassium: 692.78mg (19.79%), Manganese: 0.27mg (13.58%),
Copper: 0.24mg (12.21%), Calcium: 118.58mg (11.86%), Zinc: 1.72mg (11.45%), Fiber: 2.09g (8.37%), Folate: 20.02µg
(5.01%), Vitamin C: 3.91mg (4.74%)