



Grilled Niçoise Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 80 ounces ahi tuna steak 1-inch-thick
- ☐ 2.5 tablespoons dijon mustard
- ☐ 0.5 cup wine dry white
- ☐ 1 tablespoon fennel powder
- ☐ 10 servings salt and pepper freshly ground
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 shallots coarsely chopped
- ☐ 1 tablespoon thyme leaves coarsely chopped

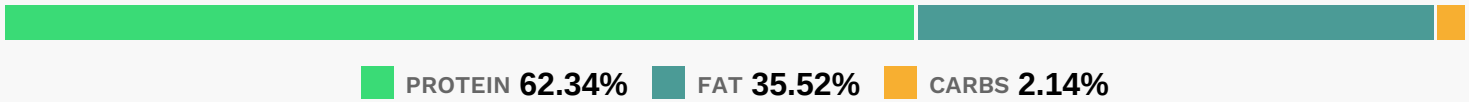
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium bowl, whisk the olive oil with the wine, mustard, thyme, fennel and shallots. Arrange the tuna steaks on a large rimmed baking sheet and pour the marinade over them. Turn the tuna steaks to coat.
- ☐ Let stand for 30 minutes.
- ☐ Light a grill or preheat a grill pan. Season the tuna steaks with salt and pepper. Grill over moderately high heat, turning once, for 4 minutes per side, until medium. Thinly slice the steaks, transfer to plates and serve.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:39.282173877177%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Nutrients (% of daily need)

Calories: 364.19kcal (18.21%), Fat: 13.51g (20.78%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.56g (0.62%), Cholesterol: 86.18mg (28.73%), Sodium: 325.32mg (14.14%),

Alcohol: 1.24g (100%), Alcohol %: 0.6% (100%), Protein: 53.34g (106.68%), Vitamin B12: 21.39µg (356.45%),
Selenium: 84.13µg (120.18%), Manganese: 2.4mg (120.04%), Vitamin A: 4987.89IU (99.76%), Vitamin B3: 19.72mg
(98.6%), Vitamin D: 12.93µg (86.18%), Phosphorus: 588.94mg (58.89%), Vitamin B6: 1.06mg (53.01%), Vitamin B1:
0.56mg (37.17%), Vitamin B2: 0.58mg (33.99%), Magnesium: 120.88mg (30.22%), Vitamin B5: 2.42mg (24.24%),
Potassium: 616.86mg (17.62%), Vitamin E: 2.59mg (17.29%), Iron: 2.71mg (15.07%), Copper: 0.21mg (10.64%), Zinc:
1.45mg (9.7%), Calcium: 33.59mg (3.36%), Fiber: 0.66g (2.63%), Vitamin C: 1.66mg (2.01%), Folate: 6.93µg (1.73%),
Vitamin K: 1.44µg (1.38%)