



Grilled Tuna

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 2 teaspoons cajun seasoning or
- ☐ 4 servings jamaican jerk seasoning
- ☐ 4 rolls split hard
- ☐ 0.3 cup tartar sauce
- ☐ 2 medium tomatoes sliced
- ☐ 24 oz thick tuna fillets

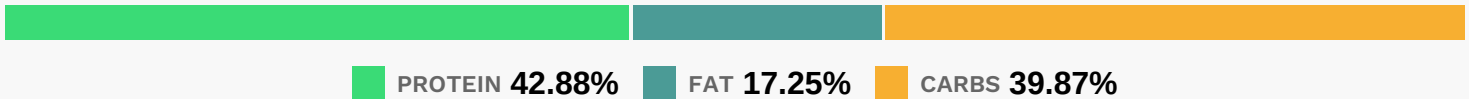
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ While potatoes are cooking, heat a grill or grill pan over medium heat.
- ☐ Sprinkle tuna fillets on both sides with seasoning, then cook for 6 minutes, turning once, for medium-cooked fish.
- ☐ Spread tartar sauce on open split rolls. Arrange arugula on bottom halves, and top with tuna and tomatoes.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:31.040434671485%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 376.23kcal (18.81%), Fat: 7.11g (10.94%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 33.38g (12.14%), Sugar: 4.05g (4.5%), Cholesterol: 62.22mg (20.74%), Sodium: 820.16mg (35.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.78g (79.56%), Selenium: 138.29µg (197.56%), Vitamin B3: 20.09mg (100.44%), Vitamin B12: 4.37µg (72.9%), Vitamin A: 2388.26IU (47.77%), Vitamin K: 46.31µg (44.1%), Vitamin B6: 0.7mg (35.18%), Phosphorus: 331mg (33.1%), Iron: 5.88mg (32.67%), Manganese: 0.52mg (26.01%), Folate: 99.33µg (24.83%), Vitamin B1: 0.37mg (24.61%), Vitamin B2: 0.4mg (23.66%), Magnesium: 80.15mg (20.04%), Potassium: 682.25mg (19.49%), Vitamin E: 2.54mg (16.96%), Vitamin C: 13.01mg (15.77%), Calcium: 148.65mg (14.86%), Fiber: 3.62g (14.46%), Vitamin D: 2.04µg (13.61%), Zinc: 2.04mg (13.61%), Copper: 0.26mg (13.13%), Vitamin B5: 0.72mg (7.17%)