



HEALTH SCORE

74%

Grilled Tuna and Corn Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



33 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1.5 tablespoons cider vinegar
- ☐ 3 small ears shucked corn
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.5 small onion red cut into 1/2-inch-thick slices

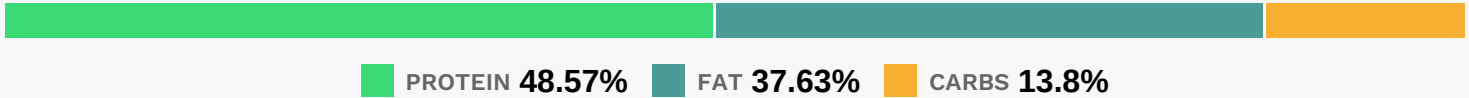
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Coat corn and onion with cooking spray; place on grill rack coated with cooking spray. Cover and grill corn 20 minutes, turning 3 times. Grill onion 10 minutes or until tender, turning once.
- ☐ Brush fish with 1 tablespoon oil; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place fish on grill rack; grill 3 minutes on each side or until desired degree of doneness.
- ☐ Cut kernels from ears of corn in a medium bowl.
- ☐ Add onion, remaining 1/2 tablespoon oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, basil, and vinegar, stirring to combine.
- ☐ Serve fish with corn salad.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.36, Inflammation Score:-10, Nutrition Score:31.06391312765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 346.29kcal (17.31%), Fat: 14.36g (22.09%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 10.4g (3.78%), Sugar: 4.04g (4.49%), Cholesterol: 64.64mg (21.55%), Sodium: 511.63mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.39%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.51µg (89.3%), Vitamin B3: 15.72mg (78.59%), Vitamin A: 3870.68IU (77.41%), Vitamin D: 9.7µg (64.64%), Phosphorus: 486.36mg (48.64%), Vitamin B6: 0.84mg (42.2%), Vitamin B1: 0.5mg (33.46%), Vitamin B2:

0.46mg (27.19%), Magnesium: 108.25mg (27.06%), Vitamin B5: 2.21mg (22.1%), Potassium: 608.73mg (17.39%),
Vitamin E: 2.51mg (16.73%), Iron: 2.16mg (12.01%), Manganese: 0.21mg (10.35%), Copper: 0.19mg (9.54%), Zinc:
1.31mg (8.74%), Vitamin K: 8.14µg (7.76%), Folate: 29.75µg (7.44%), Vitamin C: 4.92mg (5.96%), Fiber: 1.44g (5.76%),
Calcium: 22.01mg (2.2%)