



Grilled Tuna And Mango Salad

 **Gluten Free**  **Dairy Free**



READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1.5 tablespoons thyme leaves fresh
- ☐ 2 tablespoons extra-hot horseradish prepared
- ☐ 4 leaf lettuce leaves green
- ☐ 0.3 cup mayonnaise light
- ☐ 1 cup mangos cubed peeled 1 large
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 0.5 teaspoon pepper divided freshly ground

- ☐ 0.5 teaspoon salt divided
- ☐ 15 ounce tuna fillets

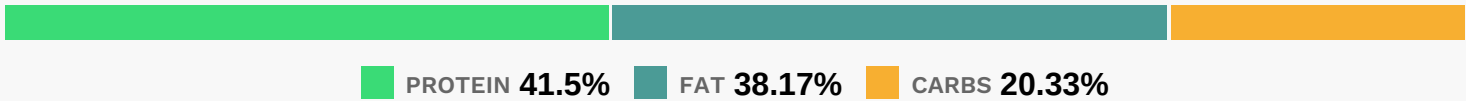
Equipment

- ☐ grill

Directions

- ☐ Sprinkle tuna with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place tuna on rack; grill, covered, about 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from grill; cut tuna into bite-size pieces.
- ☐ Let cool 10 minutes.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, mango, and next 5 ingredients.
- ☐ Add tuna; toss gently. Cover and refrigerate 30 minutes or until thoroughly chilled.
- ☐ Place a lettuce leaf on each of 4 individual serving plates. Spoon about 1 cup tuna mixture onto each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:18.364782582159%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.33mg, Luteolin: 1.33mg,

Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 211.76kcal (10.59%), Fat: 9.04g (13.9%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.04g (3.29%), Sugar: 6.53g (7.25%), Cholesterol: 43.84mg (14.61%), Sodium: 700.94mg (30.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.21%), Selenium: 74.91µg (107.01%), Vitamin B3: 11.25mg (56.26%), Vitamin B12: 2.77µg (46.18%), Vitamin C: 19.76mg (23.96%), Vitamin B6: 0.42mg (21.19%), Manganese: 0.37mg (18.62%), Phosphorus: 181.19mg (18.12%), Vitamin A: 776.34IU (15.53%), Iron: 2.68mg (14.89%), Vitamin K: 15.01µg (14.29%), Magnesium: 42.02mg (10.51%), Potassium: 346.17mg (9.89%), Copper: 0.19mg (9.4%), Vitamin B2: 0.15mg (8.87%), Vitamin D: 1.28µg (8.5%), Folate: 33.42µg (8.36%), Zinc: 1.19mg (7.96%), Vitamin E: 1.14mg (7.58%), Fiber: 1.79g (7.14%), Vitamin B1: 0.1mg (6.68%), Calcium: 47.12mg (4.71%), Vitamin B5: 0.37mg (3.75%)