



Grilled Tuna and Pearl Barley Niçoise

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 pounds tuna steaks ()
- ☐ 2 tablespoons anchovy paste
- ☐ 6 servings bibb lettuce leaves
- ☐ 1 fennel bulb cut into 1/4-inch strips
- ☐ 1 tablespoon basil fresh thinly sliced
- ☐ 4 garlic cloves minced
- ☐ 1 pound green beans
- ☐ 0.3 teaspoon ground pepper

- ☐ 2 hard-cooked eggs sliced
- ☐ 2 teaspoons herbs de provence
- ☐ 0.5 cup juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 30 niçoise olives
- ☐ 1 cup pearl barley uncooked
- ☐ 2 tablespoons cracked pepper
- ☐ 6 plum tomatoes cut into wedges (3/4 pound)
- ☐ 0.5 purple onion thinly sliced cut in half and
- ☐ 0.5 teaspoon salt
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

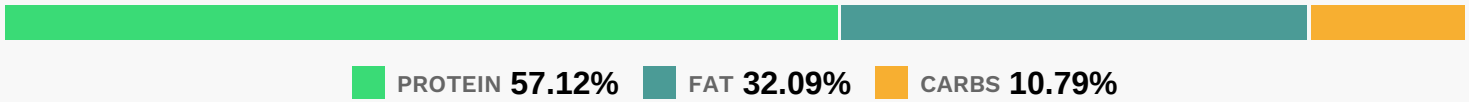
Directions

- ☐ Whisk together first 7 ingredients in a small bowl. Set dressing aside.
- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add barley and salt; cover, reduce heat, and simmer 45 minutes.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Drain, if necessary. Stir in 1/3 cup dressing, reserving remainder.
- ☐ Cook beans in boiling water until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Press cracked pepper over tuna. Grill, covered with grill lid, over high heat (400 to 50
- ☐ minutes on each side or until desired degree of doneness.
- ☐ Arrange tuna, barley, green beans, egg slices, and next 4 ingredients onto lettuce-lined plates.

☐

Drizzle with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:73.785652160645%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 1595.13kcal (79.76%), Fat: 55.38g (85.21%), Saturated Fat: 13.34g (83.37%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 31.11g (11.31%), Sugar: 7.14g (7.93%), Cholesterol: 411.43mg (137.14%), Sodium: 1116.46mg (48.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 221.78g (443.55%), Vitamin B12: 85.78µg (1429.66%), Selenium: 353.84µg (505.48%), Vitamin A: 21145.27IU (422.91%), Vitamin B3: 82.42mg (412.12%), Vitamin D: 52.17µg (347.78%), Phosphorus: 2495.75mg (249.58%), Vitamin B6: 4.48mg (224.02%), Vitamin B1: 2.38mg (158.39%), Vitamin B2: 2.54mg (149.29%), Magnesium: 528.68mg (132.17%), Vitamin B5: 10.34mg (103.39%), Potassium: 2981.96mg (85.2%), Vitamin E: 11.82mg (78.78%), Vitamin K: 78.02µg (74.3%), Iron: 12.6mg (69.97%), Manganese: 1.24mg (62.03%), Copper: 1.15mg (57.46%), Zinc: 6.95mg (46.31%), Fiber: 10.78g (43.12%), Vitamin C: 31.83mg (38.58%), Folate: 87.31µg (21.83%), Calcium: 194.95mg (19.49%)