



Grilled Tuna and Peppers with Caper Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb sushi-grade tuna steaks ()
- ☐ 1 teaspoon pepper black
- ☐ 1.5 tablespoons capers in brine drained chopped
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 0.8 lb fry peppers light green italian ()
- ☐ 1.3 teaspoons salt

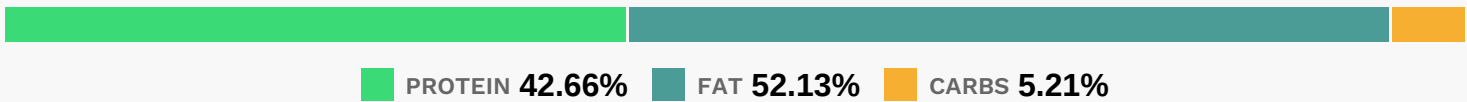
Equipment

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

Directions

- ☐ Prepare gas grill for cooking over direct high heat.
- ☐ While grill heats, cut peppers lengthwise into quarters, discarding stems and seeds. Trim ends so that quarters lie flat.
- ☐ Sprinkle tuna all over with 1 teaspoon salt and 1/2 teaspoon pepper. Cook tuna and peppers on lightly oiled grill rack, turning over once, until tuna is pink only in center and peppers are just tender, 4 to 6 minutes total (peppers may take longer than tuna).
- ☐ Transfer tuna and peppers as cooked to a serving plate.
- ☐ While tuna cooks, whisk together lemon juice, mustard, and remaining 1/4 teaspoon salt and 1/2 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Whisk in capers and parsley.
- ☐ Serve tuna topped with peppers and caper vinaigrette.
- ☐ If you don't have a gas grill or aren't able to grill outdoors, cook tuna on a lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat, turning once, 4 to 6 minutes total.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:36.729130765666%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 385.57kcal (19.28%), Fat: 22.07g (33.96%), Saturated Fat: 4.07g (25.44%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.22g (2.47%), Cholesterol: 64.64mg (21.55%), Sodium: 887.09mg (38.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.29%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.37µg (89.1%), Vitamin C: 73.35mg (88.91%), Vitamin A: 4204.04IU (84.08%), Vitamin B3: 15.19mg (75.94%), Vitamin D: 9.7µg (64.64%), Vitamin B6: 0.97mg (48.57%), Vitamin K: 48.79µg (46.46%), Phosphorus: 452.43mg (45.24%), Vitamin B1: 0.46mg (30.92%), Vitamin B2: 0.46mg (27%), Vitamin E: 4.02mg (26.78%), Magnesium: 97.05mg (24.26%), Vitamin B5: 1.9mg (19.02%), Potassium: 603.42mg (17.24%), Iron: 2.34mg (13.02%), Copper: 0.23mg (11.26%), Manganese: 0.2mg (10.19%), Zinc: 1.18mg (7.85%), Fiber: 1.78g (7.11%), Folate: 16.89µg (4.22%), Calcium: 29.6mg (2.96%)