



## Grilled Tuna Citrus Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 4 ahi tuna steak
- ☐ 2 large avocado pitted peeled sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh

- ☐ 6 ounces the salad mixed packed (3 qts. lightly )
- ☐ 2 navel oranges peeled cut in half-moons
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup onion sweet such as walla walla thinly sliced

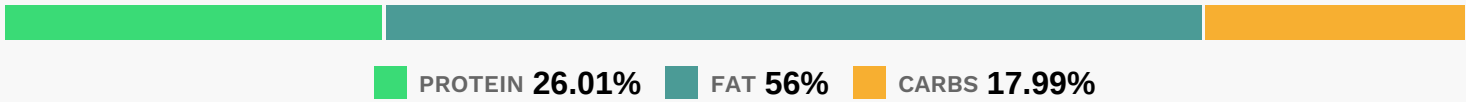
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill

## Directions

- ☐ Prepare a grill for medium heat (350 to 450). In a small bowl, combine honey and mustard. Rub tuna with mixture and let marinate at room temperature, 10 minutes.
- ☐ Use an oil-soaked paper towel to wipe grill grates. Cook tuna just until grill marks appear, 1 to 2 minutes on each side, leaving tuna rare inside.
- ☐ Cut each steak across the grain into 1/4-in.-thick slices.
- ☐ In a small bowl, combine 1/3 cup olive oil, the vinegar, and lime juice. In a medium bowl, combine greens, onion, salt, pepper, oranges, avocados, and 2/3 of vinaigrette; toss to coat. Divide salad among 4 plates and arrange tuna slices on top.
- ☐ Serve with remaining vinaigrette on the side.
- ☐ \*Look for troll- or pole-caught Pacific albacore tuna; it's more sustainably fished than longline, and the fish have lower mercury levels. U.S. ahi is next best.

## Nutrition Facts



## Properties

Glycemic Index:39.07, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:44.135652417722%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.98mg, Hesperetin: 15.98mg, Hesperetin: 15.98mg, Hesperetin: 15.98mg Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg, Naringenin: 5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 652.33kcal (32.62%), Fat: 41.52g (63.87%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 21.15g (7.69%), Sugar: 16.47g (18.3%), Cholesterol: 64.6mg (21.53%), Sodium: 316.09mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.4g (86.79%), Vitamin B12: 16.03µg (267.18%), Selenium: 65.37µg (93.39%), Vitamin A: 4523.76IU (90.48%), Vitamin B3: 17.09mg (85.43%), Vitamin C: 64.62mg (78.32%), Vitamin D: 9.69µg (64.6%), Vitamin B6: 1.16mg (57.9%), Phosphorus: 532.51mg (53.25%), Vitamin E: 6.53mg (43.5%), Vitamin B1: 0.56mg (37.45%), Vitamin B2: 0.63mg (36.98%), Fiber: 8.86g (35.43%), Vitamin B5: 3.48mg (34.82%), Magnesium: 133.25mg (33.31%), Potassium: 1159.25mg (33.12%), Folate: 130.45µg (32.61%), Vitamin K: 32.36µg (30.82%), Copper: 0.41mg (20.54%), Iron: 3.02mg (16.75%), Manganese: 0.33mg (16.35%), Zinc: 1.92mg (12.77%), Calcium: 72.97mg (7.3%)