



 **100%**
HEALTH SCORE

Grilled Tuna-Couscous Salad

 Dairy Free  Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounce tuna steaks (1/)
- 0.5 teaspoon pepper black freshly ground
- 1 pint cherry tomatoes halved
- 10 ounce couscous
- 0.3 cup mint leaves fresh chopped
- 1 cup parsley fresh chopped
- 0.5 cup juice of lemon divided
- 2 tablespoons olive oil

- 0.3 cup onion red finely chopped
- 1.3 teaspoons salt divided
- 2 cups water

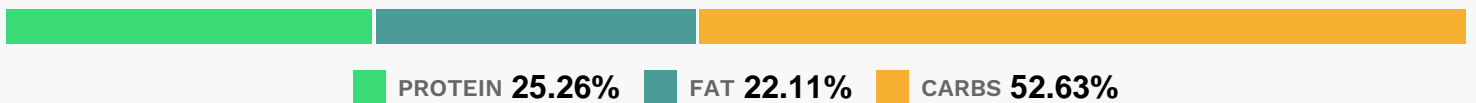
Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Prepare grill.
- Combine water, 2 teaspoons lemon juice, and 1/4 teaspoon salt in a saucepan. Bring to a boil over high heat. Stir in couscous.
- Remove from heat; cover and let stand 5 minutes.
- Place couscous in a bowl; stir in parsley and next 3 ingredients.
- Brush tuna with 2 teaspoons oil and 1/4 teaspoon salt.
- Place fish on grill rack coated with cooking spray. Cover and grill 2 minutes on each side or until desired degree of doneness.
- Remove from grill, and flake into large pieces.
- Whisk together 2 tablespoons olive oil, remaining lemon juice, and 3/4 teaspoon salt.
- Pour vinaigrette over couscous mixture.
- Add tuna, and toss.
- Sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:33.75, Inflammation Score:-10, Nutrition Score:35.410869681317%

Flavonoids

Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg, Eriodictyol: 2.36mg Hesperetin: 4.7mg, Hesperetin: 4.7mg, Hesperetin: 4.7mg, Hesperetin: 4.7mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 490.83kcal (24.54%), Fat: 11.99g (18.44%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 64.19g (21.4%), Net Carbohydrates: 58.77g (21.37%), Sugar: 4.27g (4.74%), Cholesterol: 32.32mg (10.77%), Sodium: 796.06mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.8g (61.61%), Vitamin K: 253.98µg (241.88%), Vitamin B12: 8.02µg (133.67%), Vitamin A: 3821.54IU (76.43%), Vitamin C: 60.36mg (73.16%), Vitamin B3: 10.75mg (53.75%), Selenium: 31.74µg (45.35%), Manganese: 0.8mg (39.86%), Phosphorus: 386.12mg (38.61%), Vitamin D: 4.85µg (32.32%), Vitamin B6: 0.6mg (30.11%), Vitamin B1: 0.39mg (26.03%), Magnesium: 98.56mg (24.64%), Fiber: 5.42g (21.67%), Potassium: 738.51mg (21.1%), Vitamin B5: 2.06mg (20.55%), Iron: 3.63mg (20.14%), Copper: 0.4mg (20.01%), Vitamin B2: 0.32mg (19.1%), Vitamin E: 2.68mg (17.89%), Folate: 65.3µg (16.33%), Zinc: 1.5mg (10.03%), Calcium: 73.67mg (7.37%)