



HEALTH SCORE

100%

Grilled Tuna Niçoise



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce ahi tuna steak (3/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 pound green beans trimmed
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

- ☐ 0.3 cup olives
- ☐ 0.5 cup onion red vertically sliced
- ☐ 1.3 pounds potatoes – remove skin red cubed
- ☐ 8 cups the salad
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

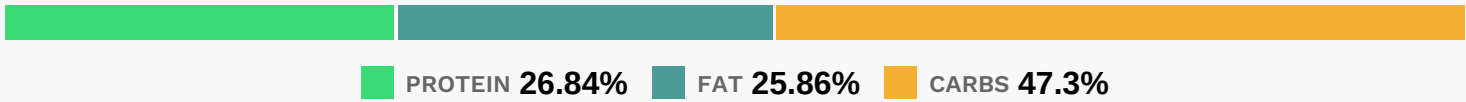
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Cook the potato in boiling water for 6 minutes or until tender; remove with a slotted spoon.
- ☐ Add green beans to boiling water, and cook 3 minutes or until crisp-tender.
- ☐ Drain.
- ☐ Prepare grill or broiler.
- ☐ Place the fish on a grill rack or broiler pan coated with cooking spray; cook for 3 minutes on each side or until desired degree of doneness.
- ☐ Cut the fish into 1-inch chunks.
- ☐ Combine potato, fish, onion, parsley, and tarragon in a large bowl.
- ☐ Combine the broth and next 5 ingredients (broth through pepper); stir well with a whisk.
- ☐ Pour 1/2 cup broth mixture over potato mixture, and toss well.
- ☐ Divide beans, greens, and tomatoes evenly among 4 plates. Top each serving with 1 1/2 cups potato mixture and 1 tablespoon olives.

Drizzle 1 tablespoon of remaining broth mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:33.647826319155%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 282.86kcal (14.14%), Fat: 8.37g (12.88%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 29.06g (10.57%), Sugar: 5.66g (6.29%), Cholesterol: 21.55mg (7.18%), Sodium: 517.28mg (22.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.11%), Vitamin K: 155.1µg (147.71%), Vitamin B12: 5.4µg (90.06%), Vitamin C: 58.56mg (70.98%), Vitamin A: 3472.04IU (69.44%), Vitamin B3: 8.07mg (40.34%), Vitamin B6: 0.75mg (37.74%), Potassium: 1273.67mg (36.39%), Manganese: 0.7mg (35.25%), Selenium: 24.42µg (34.88%), Phosphorus: 317.89mg (31.79%), Magnesium: 101.36mg (25.34%), Folate: 100.62µg (25.15%), Vitamin B1: 0.37mg (24.43%), Iron: 4.25mg (23.62%), Fiber: 5.39g (21.56%), Vitamin D: 3.23µg (21.55%), Vitamin B2: 0.34mg (19.93%), Copper: 0.4mg (19.89%), Vitamin B5: 1.37mg (13.68%), Vitamin E: 1.92mg (12.82%), Calcium: 98.31mg (9.83%), Zinc: 1.38mg (9.23%)