



Grilled Tuna Niçoise Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 2 tablespoons capers
- ☐ 0.5 pound green beans trimmed
- ☐ 1 large hard-cooked egg chopped
- ☐ 0.3 cup dressing italian reduced-fat
- ☐ 8 cups salad greens mixed
- ☐ 16 niçoise olives
- ☐ 0.8 pound potatoes red

☐ 2 teaspoons or dried fresh chopped

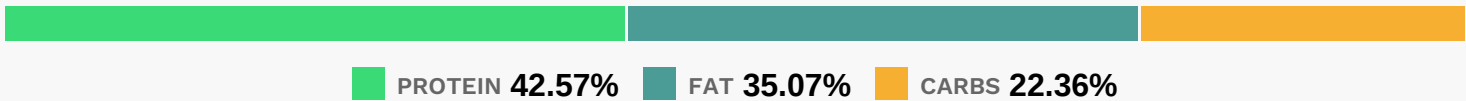
Equipment

- ☐ baking pan
- ☐ grill
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Prepare grill to high heat.
- ☐ Scrub potatoes.
- ☐ Place wet potatoes in an 8-inch square baking dish; cover with wax paper. Microwave at high 3 minutes.
- ☐ Add beans to dish; cover. Microwave at high 3 minutes or until vegetables are tender; drain. Rinse with cold water.
- ☐ While vegetables cook, combine the dressing and tarragon. Set aside 1/4 cup dressing mixture; brush remaining dressing mixture over fish. Grill steaks over high heat 3 minutes on each side or until medium-rare (140 to 14
- ☐ or desired degree of doneness. (Do not overcook or fish will be tough.)
- ☐ Arrange greens on 4 serving plates.
- ☐ Drain potatoes and green beans; thinly slice potatoes. Arrange potatoes, green beans, egg, and olives over greens. Top each salad with a steak; sprinkle with capers.
- ☐ Drizzle with reserved dressing.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:41.077390919561%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 428.3kcal (21.41%), Fat: 16.65g (25.61%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 23.87g (7.96%), Net Carbohydrates: 20.17g (7.33%), Sugar: 5.3g (5.89%), Cholesterol: 111.26mg (37.09%), Sodium: 676.79mg (29.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.47g (90.94%), Vitamin B12: 16.18µg (269.65%), Vitamin A: 5201.65IU (104.03%), Selenium: 67.65µg (96.64%), Vitamin B3: 16.74mg (83.7%), Vitamin D: 9.97µg (66.47%), Phosphorus: 565.28mg (56.53%), Vitamin B6: 1.12mg (56.01%), Vitamin C: 33.54mg (40.66%), Vitamin B1: 0.57mg (37.87%), Vitamin B2: 0.64mg (37.44%), Vitamin K: 39.06µg (37.2%), Magnesium: 135.51mg (33.88%), Potassium: 1143.57mg (32.67%), Vitamin B5: 2.43mg (24.33%), Manganese: 0.48mg (23.88%), Iron: 4.11mg (22.84%), Vitamin E: 3.14mg (20.96%), Copper: 0.39mg (19.28%), Folate: 76.66µg (19.17%), Fiber: 3.71g (14.83%), Zinc: 1.81mg (12.06%), Calcium: 83.6mg (8.36%)