



HEALTH SCORE

60%

Grilled Tuna over Lemon-Mint Barley Salad



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons capers
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.8 cup mint leaves fresh divided finely chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 cup green onions chopped
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh divided

- ☐ 1 teaspoon lemon rind grated
- ☐ 1 cup pearl barley uncooked
- ☐ 0.8 teaspoon salt divided
- ☐ 2 cups tomatoes chopped
- ☐ 2.3 cups water
- ☐ 24 ounce yellowfin tuna steaks

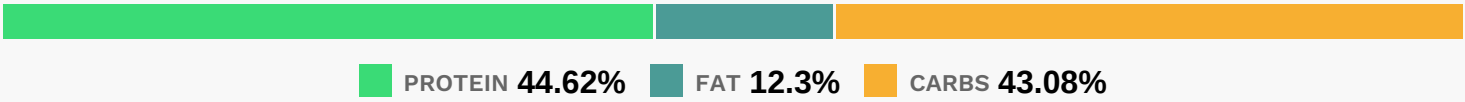
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine 1/2 cup mint, lemon rind, 4 teaspoons lemon juice, 1/4 teaspoon salt, pepper, and garlic in a shallow dish; add tuna, turning to coat. Cover and refrigerate 30 minutes.
- ☐ Combine 1/4 teaspoon salt and water in a medium saucepan; bring to a boil. Stir in barley; cover, reduce heat, and simmer 30 minutes or until liquid is absorbed.
- ☐ Remove from heat; cover and let stand 5 minutes. Spoon barley into a large bowl; cool slightly.
- ☐ Add remaining 1/4 cup mint, tomato, green onions, capers, and olives; stir well to combine.
- ☐ Combine remaining 1/4 teaspoon salt, remaining 2 tablespoons lemon juice, and oil, stirring well with a whisk.
- ☐ Drizzle over barley mixture; toss gently to coat. Set aside.
- ☐ Prepare grill or broiler.
- ☐ Place tuna steaks on a grill rack or broiler pan coated with cooking spray; cook 2 minutes on each side until tuna steaks are medium-rare or until desired degree of doneness. Spoon about 1 1/2 cups barley mixture onto each of 4 plates; top each serving with 1 tuna steak.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:1.26, Inflammation Score:-9, Nutrition Score:35.802608676579%

Flavonoids

Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg, Eriodictyol: 3.16mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg, Kaempferol: 5.58mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 431.15kcal (21.56%), Fat: 5.9g (9.08%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 36.13g (13.14%), Sugar: 3.18g (3.53%), Cholesterol: 66.34mg (22.11%), Sodium: 710.92mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.13g (96.27%), Selenium: 173.54µg (247.92%), Vitamin B3: 34.55mg (172.74%), Vitamin B6: 1.84mg (92.01%), Phosphorus: 620.06mg (62.01%), Vitamin B12: 3.54µg (58.97%), Manganese: 0.94mg (47.07%), Vitamin K: 49.42µg (47.06%), Fiber: 10.34g (41.35%), Potassium: 1196.14mg (34.18%), Magnesium: 122.52mg (30.63%), Vitamin A: 1375.5IU (27.51%), Vitamin C: 22.29mg (27.02%), Vitamin B1: 0.35mg (23.38%), Copper: 0.41mg (20.57%), Iron: 3.67mg (20.4%), Vitamin D: 2.89µg (19.28%), Vitamin B2: 0.32mg (18.64%), Zinc: 2.06mg (13.74%), Folate: 51.19µg (12.8%), Vitamin E: 1.73mg (11.54%), Calcium: 76.98mg (7.7%), Vitamin B5: 0.76mg (7.6%)