



## Grilled-Tuna Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch basil leaves
- 4 servings pepper black freshly ground
- 1 tablespoon brown sugar
- 1 small clove garlic minced
- 1 juice of lemon
- 3 tablespoons olive oil extra-virgin
- 0.3 cup orange juice
- 1 tablespoon orange peel grated

- 2 orange peppers sweet yellow cored seeded cut into wedges
- 0.5 teaspoon pepper sauce hot
- 4 plum tomatoes
- 1 large onion red sliced
- 8 red-skinned potatoes cut in half
- 2 tablespoons rice wine vinegar
- 2 heads romaine lettuce
- 4 servings salt
- 3 tablespoons soya sauce
- 1 pound sashimi-grade yellowfin tuna fillets (or salmon or halibut steak)

## Equipment

- grill
- broiler

## Directions

- Combine the soy sauce, orange juice, vinegar, brown sugar, orange peel, garlic, and hot pepper sauce in a dish.
- Add the tuna. Cover and set aside for 15 minutes. Light grill or broiler.
- When the coals are ash covered or the gas grill is hot, place the tuna on grill (or 6 inches beneath broiler). Dip the potatoes, tomatoes, peppers, and onion into the marinade and arrange, cut side down, on grill. Cover and cook 7 minutes. Turn over the fish and vegetables. Discard the marinade.
- Cover and cook 5 to 7 minutes more or until the tuna is opaque and the vegetables are fork-tender.
- Combine the romaine and basil on a platter.
- Sprinkle with the olive oil, lemon juice, salt, and pepper. Toss. Arrange grilled items on top.
- Serve.

## Nutrition Facts



■ PROTEIN **25.86%** ■ FAT **17.72%** ■ CARBS **56.42%**

## Properties

Glycemic Index:86.5, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:59.67565213079%

## Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

## Nutrients (% of daily need)

Calories: 638.37kcal (31.92%), Fat: 13.01g (20.01%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 93.18g (31.06%), Net Carbohydrates: 76.51g (27.82%), Sugar: 19.17g (21.3%), Cholesterol: 44.23mg (14.74%), Sodium: 1122.16mg (48.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.71g (85.42%), Vitamin A: 29884.79IU (597.7%), Vitamin K: 356.04µg (339.09%), Vitamin C: 149.51mg (181.22%), Selenium: 106.66µg (152.37%), Vitamin B3: 28.48mg (142.4%), Folate: 557.01µg (139.25%), Vitamin B6: 2.32mg (116.18%), Potassium: 3609.91mg (103.14%), Phosphorus: 731.35mg (73.14%), Manganese: 1.4mg (69.84%), Fiber: 16.67g (66.68%), Vitamin B1: 0.8mg (53.33%), Magnesium: 203.84mg (50.96%), Iron: 8.04mg (44.68%), Copper: 0.86mg (43.02%), Vitamin B12: 2.36µg (39.31%), Vitamin B2: 0.57mg (33.68%), Vitamin E: 3.55mg (23.69%), Vitamin B5: 2.34mg (23.4%), Zinc: 2.95mg (19.66%), Calcium: 182.96mg (18.3%), Vitamin D: 1.93µg (12.85%)