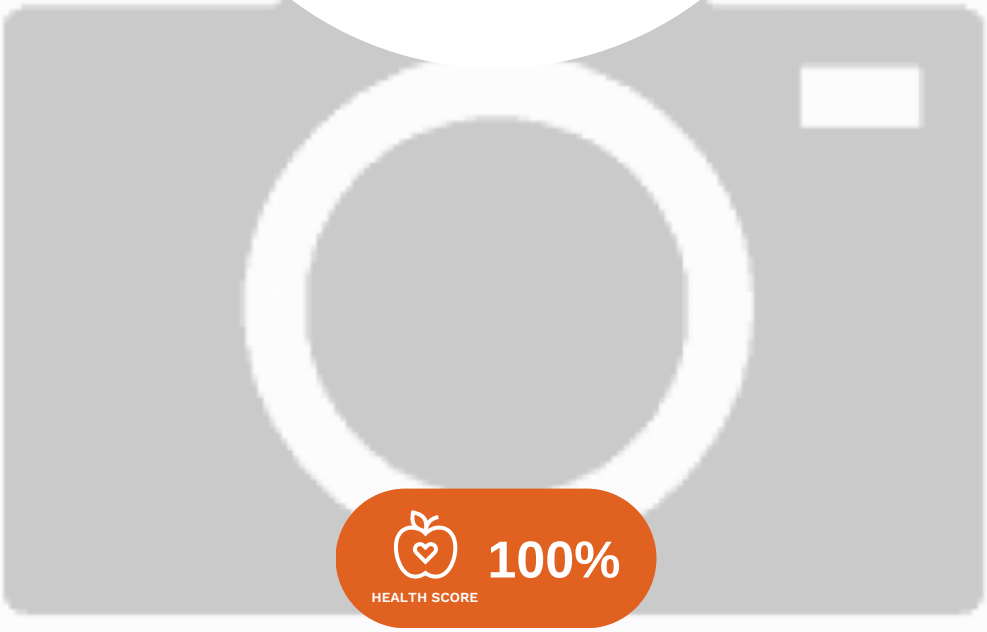

100%
HEALTH SCORE

Grilled Tuna Salad

Gluten Free | Dairy Free | Very Healthy

READY IN	SERVINGS	CALORIES
35 min.	4	326 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 20 ounces tuna steaks fresh
- [ ] 1 cup cherry tomatoes halved
- [ ] 0.5 teaspoon rosemary fresh chopped
- [ ] 1 clove garlic minced
- [ ] 0.5 teaspoon ground pepper black
- [ ] 3 tablespoons olive oil
- [ ] 2 tablespoons red wine vinegar
- [ ] 6 cups torn salad greens packed

- [ ] 0.1 teaspoon salt
- [ ] 3 tablespoons white wine

Equipment

- [ ] whisk
- [ ] grill
- [ ] aluminum foil

Directions

- [ ] Preheat grill for medium heat.
- [ ] Place tuna in a glass dish. Prepare the vinaigrette by whisking together the wine, olive oil, red wine vinegar, rosemary, pepper, salt and garlic.
- [ ] Pour 2 tablespoons over fish and turn to coat. Marinate 15 to 30 minutes, turning once. Reserve remaining vinaigrette for salad dressing.
- [ ] Coat grill rack with cooking spray and place on grill to heat 1 minute.
- [ ] Place tuna on grill 4 to 6 inches over hot coals. Cover with lid or tent with foil. Cook, turning once, just until tuna begins to flake easily when tested with a fork, about 7 minutes. Discard marinade.
- [ ] Arrange salad greens on 4 plates.
- [ ] Place hot tuna on greens and add cherry tomatoes. Stir remaining vinaigrette and drizzle over salads.

Nutrition Facts

PROTEIN **43.99%** FAT **50.68%** CARBS **5.33%**

Properties

Glycemic Index:19.25, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:28.553478277248%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 325.65kcal (16.28%), Fat: 17.54g (26.99%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.81g (1.38%), Sugar: 1.04g (1.16%), Cholesterol: 53.86mg (17.95%), Sodium: 149.2mg (6.49%), Alcohol: 1.16g (100%), Alcohol %: 0.55% (100%), Protein: 34.26g (68.52%), Vitamin B12: 13.37µg (222.78%), Vitamin A: 3959.9IU (79.2%), Selenium: 52.29µg (74.71%), Vitamin B3: 12.82mg (64.08%), Vitamin D: 8.08µg (53.86%), Phosphorus: 398.04mg (39.8%), Vitamin B6: 0.74mg (36.9%), Vitamin C: 22.69mg (27.5%), Vitamin B1: 0.38mg (25.02%), Vitamin B2: 0.4mg (23.35%), Vitamin E: 3.14mg (20.94%), Magnesium: 82.88mg (20.72%), Vitamin B5: 1.63mg (16.27%), Potassium: 559.05mg (15.97%), Iron: 2.24mg (12.44%), Manganese: 0.21mg (10.5%), Copper: 0.19mg (9.34%), Folate: 30.07µg (7.52%), Vitamin K: 7.83µg (7.46%), Zinc: 1.06mg (7.04%), Calcium: 27.35mg (2.74%), Fiber: 0.34g (1.37%)