

food
network



HEALTH SCORE

88%

Grilled Tuna Salad Sandwiches with Lemon-Habanero Mayonnaise and Watercress



Dairy Free



Very Healthy

READY IN



49 min.

SERVINGS



4

CALORIES



1238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce tuna steaks
- ☐ 1 large stalk celery diced finely
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 to 1 habanero chile whole hot chopped (only use the if you like it)
- ☐ 8 slices bread white french italian hearty (, , ciabatta, or country)
- ☐ 3 cups juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated

- ☐ 1 cup best-quality mayonnaise
- ☐ 4 servings olive oil
- ☐ 1 small onion diced red finely
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings watercress

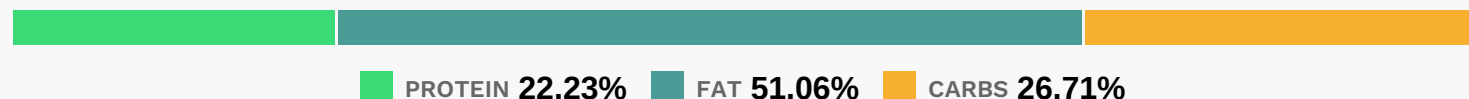
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Place lemon juice in a small saucepan and bring to boil on the grates of the grill. Cook until reduced to 1/2 cup.
- ☐ Remove from the grill and let cool slightly. Leave grill on high heat.
- ☐ Place lemon syrup, habanero, lemon zest, and mayonnaise in a blender and blend until smooth. Season with salt and pepper, to taste, and transfer to a large bowl.
- ☐ Add the onions, celery, and parsley and set aside.
- ☐ Brush tuna with oil and season with salt and pepper on both sides. Grill for 3 minutes per side or until slightly charred and cooked to medium doneness.
- ☐ Remove from the grill and let rest 5 minutes before cutting into small dice or flaking with a fork.
- ☐ Add the flaked tuna to the mayonnaise mixture and gently mix until combined. Divide the tuna salad among 4 slices of bread. Top the salad with a few sprigs of watercress and top with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:74.63, Glycemic Load:52.15, Inflammation Score:-10, Nutrition Score:60.026087221892%

Flavonoids

Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg, Eriodictyol: 8.93mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Apigenin: 4.78mg, Apigenin: 4.78mg, Apigenin: 4.78mg, Apigenin: 4.78mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 16.52mg, Quercetin: 16.52mg, Quercetin: 16.52mg, Quercetin: 16.52mg

Nutrients (% of daily need)

Calories: 1238kcal (61.9%), Fat: 70.65g (108.69%), Saturated Fat: 12.12g (75.72%), Carbohydrates: 83.18g (27.73%), Net Carbohydrates: 78.78g (28.65%), Sugar: 12.4g (13.77%), Cholesterol: 109.7mg (36.57%), Sodium: 1439.61mg (62.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.2g (138.4%), Vitamin B12: 21.45µg (357.57%), Vitamin K: 223.38µg (212.74%), Selenium: 121.38µg (173.4%), Vitamin B3: 26.16mg (130.79%), Vitamin A: 6336.3IU (126.73%), Vitamin C: 93.07mg (112.82%), Vitamin B1: 1.55mg (103.63%), Vitamin D: 13.04µg (86.93%), Phosphorus: 770.83mg (77.08%), Vitamin B2: 1.21mg (71.45%), Vitamin B6: 1.36mg (67.76%), Folate: 218.81µg (54.7%), Vitamin E: 7.08mg (47.18%), Magnesium: 178.92mg (44.73%), Iron: 7.96mg (44.23%), Manganese: 0.87mg (43.58%), Vitamin B5: 3.34mg (33.45%), Potassium: 1131.01mg (32.31%), Copper: 0.48mg (23.86%), Zinc: 3mg (19.99%), Fiber: 4.4g (17.59%), Calcium: 157.55mg (15.76%)