



Grilled Tuna Salad With Citrus Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds tuna steaks
- ☐ 0.5 cup alfalfa sprouts
- ☐ 4 cups torn boston lettuce loosely packed
- ☐ 1 cup cherry tomato halves
- ☐ 1 cup torn curly endive loosely packed
- ☐ 0.5 cup green onions (1-inch)
- ☐ 1 cup mushrooms sliced
- ☐ 1 cup radicchio thinly thinly sliced

- ☐ 1 large bell pepper sweet red seeded cut into thin strips
- ☐ 2 cups torn spinach leaves fresh loosely packed
- ☐ 1.8 cups citrus vinaigrette

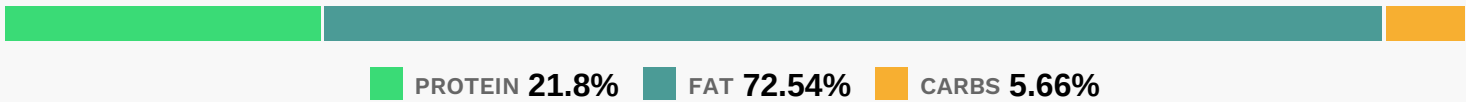
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare Citrus Vinaigrette.
- ☐ Place tuna in a nonmetal dish; drizzle with 1 cup Citrus Vinaigrette. Cover and marinate in vinaigrette in refrigerator 1 hour, turning tuna once.
- ☐ Drain, reserving vinaigrette marinade.
- ☐ Place vinaigrette marinade in a small saucepan; bring to a boil.
- ☐ Remove from heat; set aside.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place tuna on rack; grill, covered, 5 minutes on each side or until fish flakes easily when tested with a fork, basting often with reserved marinade. Discard skin from tuna.
- ☐ Cut tuna into bite-size pieces, and set aside.
- ☐ Combine Boston lettuce and remaining 8 ingredients in a large bowl.
- ☐ Drizzle with remaining 3/4 cup Citrus Vinaigrette; toss well.
- ☐ Add tuna, and toss gently.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:35.605217394621%

Flavonoids

Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg, Luteolin: 2.95mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 519.17kcal (25.96%), Fat: 42.44g (65.29%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.56g (5.07%), Cholesterol: 43.09mg (14.36%), Sodium: 65.86mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.69g (57.38%), Vitamin K: 216.37µg (206.06%), Vitamin B12: 10.7µg (178.33%), Vitamin A: 6059.98IU (121.2%), Selenium: 44.65µg (63.78%), Vitamin C: 49.35mg (59.82%), Vitamin B3: 11.1mg (55.49%), Vitamin D: 6.5µg (43.3%), Vitamin E: 5.72mg (38.11%), Vitamin B6: 0.7mg (34.86%), Phosphorus: 343.34mg (34.33%), Vitamin B2: 0.44mg (25.74%), Vitamin B1: 0.35mg (23.3%), Folate: 84.01µg (21%), Magnesium: 81.66mg (20.42%), Potassium: 669.73mg (19.14%), Vitamin B5: 1.75mg (17.46%), Manganese: 0.29mg (14.7%), Iron: 2.47mg (13.72%), Copper: 0.25mg (12.43%), Fiber: 2.16g (8.63%), Zinc: 1.12mg (7.47%), Calcium: 52.24mg (5.22%)