



 **61%**
HEALTH SCORE

Grilled Tuna Salade Niçoise

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

READY IN



300 min.

SERVINGS



6

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 lb ahi tuna steak 1-inch-thick ()
- 0.5 teaspoon anchovy paste
- 3 tablespoons basil fresh finely chopped
- 0.8 lb boston lettuce separated (2 heads)
- 1.5 oz capers drained
- 2 teaspoons dijon mustard
- 1.5 tablespoons basil fresh finely chopped
- 1.5 teaspoons thyme sprigs fresh minced

- 1 large garlic clove with 1/2 teaspoon salt minced mashed
- 1 pt grape tomatoes
- 0.8 lb haricots verts trimmed (preferably haricots verts)
- 4 large hardboiled eggs quartered
- 1 cup olive oil extra virgin extra-virgin
- 1.5 lb yukon gold potatoes (1- to 2-inch) (preferably Yukon Gold)
- 0.3 cup red-wine vinegar
- 2.5 tablespoons shallots minced
- 6 servings vegetable oil for brushing
- 0.7 cup olives black

Equipment

- bowl
- whisk
- pot
- grill
- slotted spoon
- colander
- grill pan

Directions

- Whisk together vinegar, shallot, mustard, garlic paste, and anchovy paste in a small bowl until combined well, then add oil in a slow stream, whisking until emulsified.
- Whisk in thyme, basil, and salt and pepper to taste.
- Cook beans in a 4- to 6-quart pot of boiling salted water, uncovered, until crisp-tender, 3 to 4 minutes, then immediately transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- Add potatoes to boiling water and simmer, uncovered, until tender, 15 to 20 minutes, then drain in a colander. Halve potatoes while still warm (peel if desired) and toss with 2 tablespoons dressing in a bowl, then cool.

- Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.
- Brush tuna with oil and season with salt and pepper, then grill on lightly oiled rack, uncovered, turning over once, until browned on outside but still pink in center, 6 to 8 minutes total.
- Let tuna stand 3 minutes, then break into large (3-inch) pieces.
- Transfer tuna to a large platter and drizzle with 2 to 3 tablespoons dressing and top with capers.
- Transfer potatoes to platter with tuna, reserving bowl.
- Drain beans and pat dry. Toss beans in bowl with 1 tablespoon dressing and salt and pepper to taste, then transfer to platter. Toss lettuce in bowl with 2 tablespoons dressing and salt and pepper to taste, then transfer to platter. Toss tomatoes in bowl with 1 tablespoon dressing and salt and pepper to taste, then transfer to platter.
- Arrange olives and eggs on platter and sprinkle salad with parsley and/or basil.
- Serve salad with remaining dressing on the side.
- Tuna can be cooked in a hot lightly oiled well-seasoned ridged grill pan over moderately high heat. Beans and potatoes can be cooked 1 hour ahead and kept at room temperature. Toss potatoes with dressing while warm and let stand. Do not dress beans until just before serving.

Nutrition Facts



Properties

Glycemic Index:74.13, Glycemic Load:16.68, Inflammation Score:-10, Nutrition Score:43.019565292027%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg, Kaempferol: 10.55mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 560.76kcal (28.04%), Fat: 33.29g (51.21%), Saturated Fat: 6.08g (38%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 23.91g (8.69%), Sugar: 6.18g (6.87%), Cholesterol: 167.85mg (55.95%), Sodium: 571.11mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.38%), Vitamin B12: 11.07µg (184.46%), Vitamin K: 129.25µg (123.1%), Vitamin A: 5750.31IU (115.01%), Selenium: 53.93µg (77.04%), Vitamin B3: 12.34mg (61.71%), Vitamin B6: 1.11mg (55.67%), Vitamin C: 44.08mg (53.43%), Vitamin D: 7.21µg (48.04%), Phosphorus: 478.99mg (47.9%), Potassium: 1288.35mg (36.81%), Vitamin B2: 0.62mg (36.45%), Vitamin E: 5.1mg (34.01%), Vitamin B1: 0.51mg (33.75%), Magnesium: 124.63mg (31.16%), Manganese: 0.58mg (28.85%), Folate: 111.95µg (27.99%), Fiber: 6.63g (26.51%), Iron: 4.46mg (24.78%), Vitamin B5: 2.31mg (23.15%), Copper: 0.38mg (19.06%), Zinc: 1.84mg (12.27%), Calcium: 108.7mg (10.87%)