



Grilled-Tuna Sandwiches

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound tuna steaks ()
- 1 avocado ripe sliced
- 0.3 cup green onions finely chopped
- 2 teaspoons horseradish prepared
- 2 tablespoons juice of lime fresh
- 0.3 cup mayonnaise
- 2 tablespoons olive oil divided
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 8 slices sourdough bread
- 1 large tomatoes thinly sliced

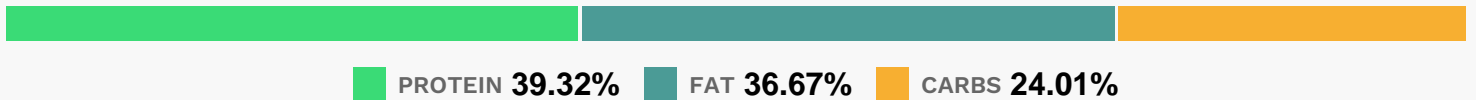
Equipment

- grill

Directions

- Rub tuna with 1 tablespoon olive oil, and sprinkle salt and pepper evenly on both sides of tuna.
- Grill, covered with grill lid, over medium-high heat (350 to 400) for 4-6 minutes on each side or until tuna reaches desired degree of doneness.
- Brush bread slices with remaining 1 tablespoon olive oil, and grill 1 minute on each side or until golden.
- Flake tuna; combine with ground red pepper, if desired, and next 4 ingredients.
- Spread tuna mixture evenly on 1 side each of 4 bread slices; top with tomato and avocado slices. Cover with remaining 4 bread slices.
- Note: The tuna steaks may be broiled, if desired.

Nutrition Facts



Properties

Glycemic Index:76.88, Glycemic Load:52.28, Inflammation Score:-10, Nutrition Score:63.790869795758%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 1252.71kcal (62.64%), Fat: 50.32g (77.41%), Saturated Fat: 10.07g (62.96%), Carbohydrates: 74.1g (24.7%), Net Carbohydrates: 67.03g (24.38%), Sugar: 8g (8.88%), Cholesterol: 178.25mg (59.42%), Sodium: 1344.68mg (58.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 121.39g (242.78%), Vitamin B12: 42.79µg (713.18%), Selenium: 202.82µg (289.74%), Vitamin B3: 46.62mg (233.12%), Vitamin A: 10430.88IU (208.62%), Vitamin D: 25.88µg (172.55%), Vitamin B1: 2.06mg (137.31%), Phosphorus: 1331.05mg (133.1%), Vitamin B6: 2.38mg (118.83%), Vitamin B2: 1.77mg (104.05%), Magnesium: 290.43mg (72.61%), Vitamin B5: 5.99mg (59.91%), Iron: 10.24mg (56.87%), Folate: 220.96µg (55.24%), Vitamin K: 55.5µg (52.86%), Vitamin E: 7.61mg (50.74%), Potassium: 1682.79mg (48.08%), Manganese: 0.91mg (45.5%), Copper: 0.72mg (36.09%), Zinc: 4.53mg (30.18%), Fiber: 7.07g (28.27%), Vitamin C: 15.31mg (18.55%), Calcium: 122.85mg (12.29%)