



Grilled Tuna Sandwiches with Onions, Bell Peppers, and Chile-Cilantro Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce tuna steaks (3/)
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground ancho chile pepper
- 0.3 teaspoon chipotle chili powder
- 0.3 teaspoon ground cumin
- 4 leaf lettuce leaves red

- 1 teaspoon juice of lime fresh
- 1 teaspoon lime rind grated
- 6 tablespoons mayonnaise low-fat
- 5 teaspoons olive oil divided
- 1 bell pepper red seeded quartered
- 0.5 teaspoon salt divided
- 8 ounce sandwich buns
- 1 inch onion sweet

Equipment

- bowl
- frying pan
- grill pan

Directions

- Heat a grill pan over medium-high heat.
- Combine first 6 ingredients in a small bowl.
- Brush 3 teaspoons oil evenly over onion and bell pepper; sprinkle with 1/4 teaspoon salt.
- Place onion and bell pepper on grill pan; cook 3 1/2 minutes on each side or until tender.
- Remove from pan; keep warm.
- Brush 2 teaspoons oil evenly over tuna; sprinkle with remaining 1/4 teaspoon salt, cumin, and black pepper.
- Place tuna on grill pan; cook 3 1/2 minutes on each side or until medium-rare or desired degree of doneness.
- Split buns in half horizontally.
- Spread mayonnaise mixture evenly over cut sides of buns. Top bottom half of each bun with lettuce, 1 bell pepper quarter, 1 onion slice, and 1 tuna steak. Cover with top halves of buns.

Nutrition Facts



■ PROTEIN 33.42% ■ FAT 36.88% ■ CARBS 29.7%

Properties

Glycemic Index:33.25, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:35.580869757611%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 478.13kcal (23.91%), Fat: 19.26g (29.63%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 32.5g (11.82%), Sugar: 3.59g (3.99%), Cholesterol: 57.22mg (19.07%), Sodium: 833.2mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.27g (78.54%), Vitamin B12: 13.37µg (222.78%), Selenium: 74.59µg (106.55%), Vitamin A: 4495.55IU (89.91%), Vitamin B3: 15.1mg (75.51%), Vitamin D: 8.08µg (53.86%), Vitamin C: 39.12mg (47.42%), Phosphorus: 431.59mg (43.16%), Vitamin B1: 0.63mg (42.27%), Vitamin B6: 0.77mg (38.41%), Vitamin B2: 0.59mg (34.69%), Magnesium: 92.48mg (23.12%), Vitamin E: 3.41mg (22.72%), Iron: 3.71mg (20.59%), Vitamin K: 19.79µg (18.85%), Vitamin B5: 1.85mg (18.53%), Folate: 72.72µg (18.18%), Manganese: 0.35mg (17.68%), Potassium: 522.85mg (14.94%), Copper: 0.23mg (11.61%), Zinc: 1.5mg (10.03%), Fiber: 2.41g (9.64%), Calcium: 72.39mg (7.24%)