



Grilled Tuna Steak with Fresh Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black divided
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon olive oil

- ☐ 2 cups plum tomatoes diced (6 tomatoes)
- ☐ 0.5 teaspoon salt divided

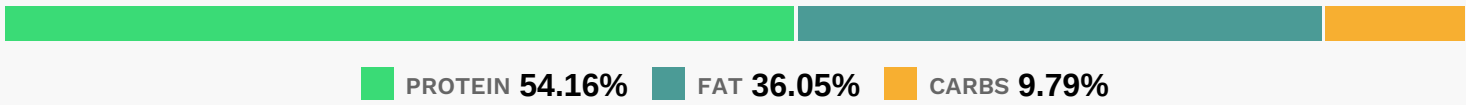
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 7 ingredients in a bowl; stir in 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Let stand 30 minutes.
- ☐ Prepare grill.
- ☐ Lightly coat both sides of tuna steaks with cooking spray; sprinkle with remaining salt and pepper.
- ☐ Place steaks on grill rack; grill 3 minutes on each side or until fish is medium-rare or desired degree of doneness.
- ☐ Serve with salsa, and, if desired, lime wedges.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:34.453912786815%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 308kcal (15.4%), Fat: 12.13g (18.66%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 5.49g (2%), Sugar: 4.2g (4.66%), Cholesterol: 64.64mg (21.55%), Sodium: 365.25mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.03%), Vitamin B12: 16.04µg (267.34%), Vitamin A:

4864.2IU (97.28%), Selenium: 62.18µg (88.83%), Vitamin B3: 15.58mg (77.89%), Vitamin D: 9.7µg (64.64%), Phosphorus: 467.78mg (46.78%), Vitamin B6: 0.91mg (45.53%), Vitamin C: 30.87mg (37.42%), Vitamin B1: 0.46mg (30.96%), Vitamin B2: 0.46mg (27.22%), Vitamin K: 26.9µg (25.62%), Magnesium: 102.43mg (25.61%), Potassium: 769.81mg (21.99%), Vitamin E: 3.19mg (21.25%), Vitamin B5: 1.95mg (19.5%), Iron: 2.25mg (12.48%), Copper: 0.23mg (11.67%), Manganese: 0.22mg (10.86%), Zinc: 1.28mg (8.5%), Fiber: 1.92g (7.69%), Folate: 28.85µg (7.21%), Calcium: 35.09mg (3.51%)