



WHATSheATE



Grilled Tuna, Tomato and Mozzarella Salad

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb ahi tuna steak
- ☐ 1 teaspoon vegetable oil
- ☐ 1 small clove garlic finely chopped
- ☐ 3 large plum tomatoes sliced (Roma)
- ☐ 4 oz mozzarella fresh sliced
- ☐ 2 tablespoons balsamic vinaigrette
- ☐ 2 tablespoons basil fresh chopped

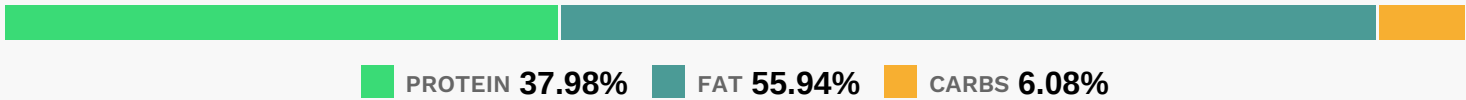
Equipment

☐ grill

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Drizzle both sides of tuna steaks with oil; rub with garlic.
- ☐ Let stand at room temperature 15 minutes to marinate.
- ☐ Meanwhile, on large serving plate or platter, place tomato and cheese slices.
- ☐ Drizzle with vinaigrette; sprinkle with basil. Set aside.
- ☐ Place tuna on grill. Cover grill; cook over medium heat 8 to 10 minutes, turning once, until fish flakes easily with fork and is slightly pink in center.
- ☐ Cut tuna into slices.
- ☐ Place tuna slices on top of tomatoes and cheese.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:20.648695593295%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 285.14kcal (14.26%), Fat: 17.46g (26.86%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.37g (2.63%), Cholesterol: 58.59mg (19.53%), Sodium: 359.81mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.34%), Vitamin B12: 7.99µg (133.18%), Vitamin A: 2492.73IU (49.85%), Selenium: 34.17µg (48.81%), Vitamin B3: 6.97mg (34.84%), Phosphorus: 342.99mg (34.3%), Vitamin D: 4.46µg (29.74%), Vitamin B6: 0.42mg (21.1%), Calcium: 208.3mg (20.83%), Vitamin B2: 0.31mg (18.27%), Vitamin B1: 0.22mg (14.6%), Vitamin K: 14.08µg (13.41%), Magnesium: 53.28mg (13.32%), Zinc: 1.69mg (11.23%), Vitamin C: 9.05mg (10.96%), Potassium: 374.12mg (10.69%), Vitamin B5: 0.91mg (9.14%), Vitamin E: 1.3mg (8.65%), Iron: 1.16mg (6.47%), Manganese: 0.13mg (6.27%), Copper: 0.11mg (5.69%), Folate: 14.39µg (3.6%), Fiber: 0.79g (3.15%)