



Grilled Tuna with Basil Butter and Fresh Tomato Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons capers
- ☐ 3 cups cherry tomatoes halved
- ☐ 0.5 cup cooking wine dry white

- ☐ 0.8 cup basil leaves fresh
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ grill
- ☐ broiler
- ☐ broiler pan

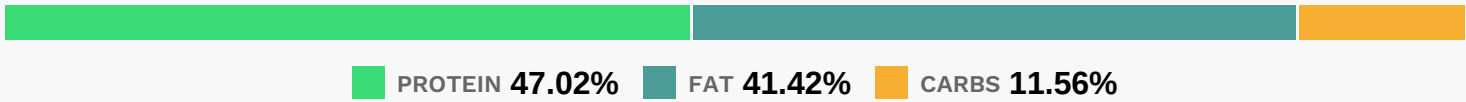
Directions

- ☐ Prepare grill or broiler.
- ☐ To prepare basil butter, combine first 5 ingredients in a food processor; process until smooth, scraping sides as needed. Set aside.
- ☐ To prepare sauce, heat oil in a saucepan over medium-high heat.
- ☐ Add onion and 2 garlic cloves; saut 3 minutes.
- ☐ Add tomatoes; saut 2 minutes. Stir in wine, capers, vinegar, and sugar; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Stir in parsley. Set aside.
- ☐ To prepare tuna, sprinkle tuna with 1/2 teaspoon salt and pepper.
- ☐ Place tuna on grill rack or broiler pan coated with cooking spray. Cook 5 minutes on each side or until desired degree of doneness.
- ☐ Serve with sauce and basil butter.

☐

Garnish with basil leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:94.02, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:38.243043256843%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg, Kaempferol: 8.08mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 15.26mg, Quercetin: 15.26mg, Quercetin: 15.26mg, Quercetin: 15.26mg

Nutrients (% of daily need)

Calories: 380.67kcal (19.03%), Fat: 16.29g (25.06%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.65g (3.14%), Sugar: 5.55g (6.17%), Cholesterol: 79.69mg (26.56%), Sodium: 732.59mg (31.85%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 41.6g (83.2%), Vitamin B12: 16.05µg (267.53%), Vitamin A: 4997.61IU (99.95%), Selenium: 63.16µg (90.23%), Vitamin K: 86.9µg (82.77%), Vitamin B3: 15.52mg (77.59%), Vitamin D: 9.7µg (64.64%), Phosphorus: 485.82mg (48.58%), Vitamin B6: 0.93mg (46.69%), Vitamin C: 34.93mg (42.34%), Vitamin B1: 0.47mg (31.41%), Vitamin B2: 0.48mg (28.34%), Magnesium: 108.77mg (27.19%), Potassium: 781.5mg (22.33%), Vitamin B5: 2.02mg (20.24%), Vitamin E: 2.91mg (19.37%), Iron: 3.21mg (17.82%), Manganese: 0.32mg (15.96%), Copper: 0.29mg (14.68%), Zinc: 1.38mg (9.18%), Folate: 33.2µg (8.3%), Fiber: 1.58g (6.34%), Calcium: 56.37mg (5.64%)