



HEALTH SCORE

57%

Grilled Tuna with Herbed Aïoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce tuna steaks (each)
- ☐ 2 teaspoons tarragon dried
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 large garlic cloves finely chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons red wine vinegar

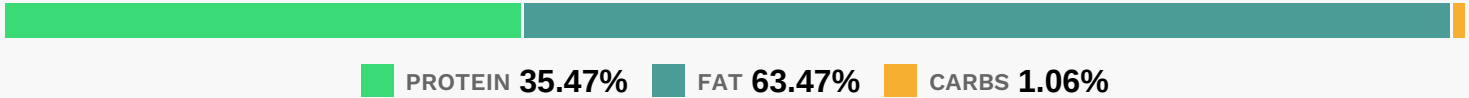
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together first 6 ingredients in shallow dish for marinade.
- ☐ Place mayonnaise in separate small bowl.
- ☐ Whisk in 1 1/2 tablespoons marinade. Set aioli aside.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Place fish in marinade in dish, turning to coat evenly. Marinate 1 hour at room temperature, turning fish occasionally.
- ☐ Oil grill rack. Prepare barbecue (medium-high heat). Grill fish to desired doneness, about 3 minutes per side for medium. Top fish with aioli and serve.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:34.8386958993%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 539.89kcal (26.99%), Fat: 37.29g (57.37%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.12g (0.14%), Cholesterol: 83.25mg (27.75%), Sodium: 197.8mg (8.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.89g (93.78%), Vitamin B12: 18.74µg (312.27%), Selenium: 73.12µg (104.46%), Vitamin A: 4486.62IU (89.73%), Vitamin B3: 17.3mg (86.5%), Vitamin D: 11.35µg (75.66%), Phosphorus: 515.62mg (51.56%), Vitamin B6: 0.95mg (47.61%), Vitamin K: 42.73µg (40.69%), Vitamin B1: 0.49mg (32.43%), Vitamin B2: 0.52mg (30.72%), Vitamin E: 4.55mg (30.33%), Magnesium: 105.79mg (26.45%), Vitamin B5:

2.14mg (21.39%), Potassium: 552.13mg (15.78%), Iron: 2.73mg (15.15%), Copper: 0.2mg (9.78%), Zinc: 1.3mg (8.69%), Manganese: 0.17mg (8.4%), Calcium: 37.88mg (3.79%), Vitamin C: 2.79mg (3.38%), Folate: 8.82µg (2.2%), Fiber: 0.26g (1.05%)