



Grilled Tuna with Herbed Mayonnaise



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

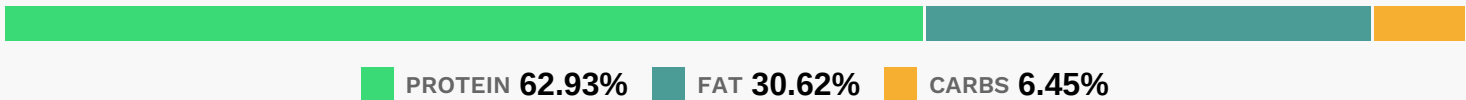
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a small bowl. Cover and chill.
- ☐ Sprinkle salt and pepper over steaks.
- ☐ Place steaks on grill rack coated with cooking spray; grill 3 minutes on each side or until steaks are medium-rare or to desired degree of doneness. To serve, top steaks with mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:28.890869622645%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 269.03kcal (13.45%), Fat: 8.82g (13.56%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.72g (3.02%), Cholesterol: 66.24mg (22.08%), Sodium: 337.71mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Vitamin B12: 16.13µg (268.89%), Selenium: 62.73µg (89.62%), Vitamin A: 3744.56IU (74.89%), Vitamin B3: 14.81mg (74.05%), Vitamin D: 9.7µg (64.64%), Phosphorus: 459.41mg (45.94%), Vitamin B6: 0.8mg (40.01%), Vitamin B1: 0.42mg (27.99%), Vitamin B2: 0.47mg (27.91%), Magnesium: 91.62mg (22.91%), Vitamin B5: 1.9mg (18.99%), Potassium: 499.14mg (14.26%), Vitamin E: 1.8mg (12.01%), Iron: 2.13mg (11.81%), Zinc: 1.21mg (8.08%), Copper: 0.16mg (8%), Vitamin K: 6.91µg (6.58%), Calcium: 59.34mg (5.93%), Manganese: 0.11mg (5.54%), Fiber: 0.56g (2.24%), Folate: 8.07µg (2.02%), Vitamin C: 0.88mg (1.07%)