



 **91%**  
HEALTH SCORE

## Grilled Tuna with Mediterranean Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**463 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce ahi tuna steak
- 0.5 cup olives black such as kalamata or oil-cured pitted
- 4 servings pepper black freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 1 tablespoon thyme sprigs fresh
- 0.5 cup olive green such as picholine pitted
- 0.3 cup olive oil
- 0.5 teaspoon salt

- 4 servings salt
- 1 large onion yellow thinly sliced

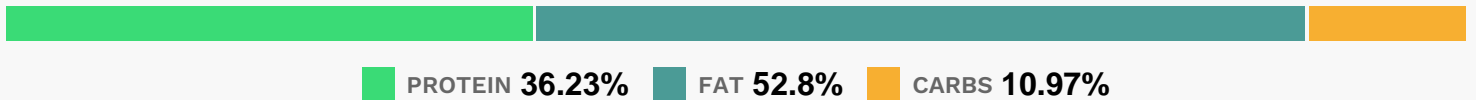
## Equipment

- frying pan
- grill

## Directions

- Preheat grill to medium-high heat (350 to 400).
- Heat olive oil in a large skillet over medium heat.
- Add onion, and cook, stirring occasionally, 5 to 7 minutes or until tender and lightly browned.
- Add tomatoes and olives, and cook, stirring, 3 to 4 minutes or until mixture is well blended and tomato juice has reduced slightly.
- Remove from heat, and stir in thyme and 1/2 teaspoon salt.
- Sprinkle tuna steaks with salt and pepper. Grill on greased grill racks 2 minutes on each side or until desired degree of doneness.
- Transfer tuna steaks to individual plates, and top evenly with tomato-olive mixture.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:35.764782636062%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 463.12kcal (23.16%), Fat: 27.36g (42.09%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 8.81g (3.2%), Sugar: 6.29g (6.99%), Cholesterol: 64.64mg (21.55%), Sodium: 1214.91mg (52.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.47%), Vitamin B12: 16.04µg (267.34%), Selenium: 63.2µg (90.28%), Vitamin A: 4151.25IU (83.02%), Vitamin B3: 16.13mg (80.66%), Vitamin D: 9.7µg (64.64%), Vitamin B6: 0.99mg (49.5%), Phosphorus: 479.17mg (47.92%), Vitamin E: 6.22mg (41.49%), Vitamin B1: 0.51mg (34.15%), Vitamin B2: 0.5mg (29.49%), Magnesium: 116.05mg (29.01%), Potassium: 810.9mg (23.17%), Vitamin B5: 2.14mg (21.41%), Iron: 3.71mg (20.61%), Copper: 0.4mg (20.04%), Vitamin C: 15.03mg (18.22%), Fiber: 3.97g (15.9%), Manganese: 0.31mg (15.3%), Vitamin K: 14.36µg (13.68%), Zinc: 1.41mg (9.4%), Calcium: 82.69mg (8.27%), Folate: 25.7µg (6.43%)