



Grilled Tuna with Mint Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks 2 pounds in all
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons water

☐ 0.5 cup white-wine vinegar

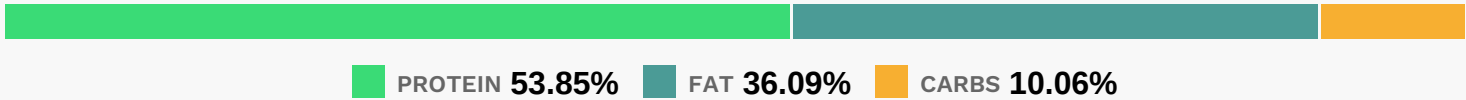
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ broiler

Directions

- ☐ Put 1/3 cup of the mint in a medium glass or stainless-steel bowl. In a small stainless-steel saucepan, bring the water to a simmer over moderate heat.
- ☐ Add the sugar and stir until completely dissolved. Stir in the vinegar, garlic, and 1/4 teaspoon of the salt.
- ☐ Pour the mixture over the mint in the bowl.
- ☐ Let sit 15 minutes.
- ☐ Light the grill or heat the broiler. Coat the tuna with the oil. Season with the remaining 1/2 teaspoon salt and the pepper. Cook the tuna for 4 minutes. Turn and cook until done to your taste, 3 to 4 minutes longer for medium rare.
- ☐ Strain the mint sauce through a sieve into a sauceboat or serving bowl. Stir in the remaining mint. Pass the sauce with the fish.
- ☐ Fish Alternatives: Mackerel and salmon are both full-flavored enough to take on this sauce.
- ☐ Wine Recommendation: Look for the lightest, leanest white you can find; anything else will have a tough time with the mint. Try a verdicchio-based wine from Italy or a vinho verde from Portugal.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:28.834782527841%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg 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: 311kcal (15.55%), Fat: 11.91g (18.33%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.96g (2.53%), Sugar: 6g (6.67%), Cholesterol: 64.6mg (21.53%), Sodium: 507.43mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.98%), Vitamin B12: 16.03µg (267.18%), Selenium: 62.31µg (89.01%), Vitamin A: 3950.87IU (79.02%), Vitamin B3: 14.82mg (74.1%), Vitamin D: 9.69µg (64.6%), Phosphorus: 440.79mg (44.08%), Vitamin B6: 0.8mg (39.99%), Vitamin B1: 0.42mg (27.83%), Vitamin B2: 0.44mg (26.16%), Magnesium: 91.41mg (22.85%), Vitamin B5: 1.82mg (18.22%), Vitamin E: 2.21mg (14.71%), Potassium: 479.98mg (13.71%), Iron: 2.22mg (12.32%), Copper: 0.18mg (8.82%), Zinc: 1.11mg (7.42%), Manganese: 0.15mg (7.39%), Calcium: 33.03mg (3.3%), Vitamin C: 2.41mg (2.92%), Folate: 9.88µg (2.47%), Vitamin K: 2.34µg (2.23%), Fiber: 0.51g (2.05%)