



Grilled Tuna with Provençal Vegetables and Easy Aioli



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce ahi tuna steak (from the U.S. or Canada;)
- ☐ 2 cups cherry tomatoes assorted halved
- ☐ 1 pound eggplant cut lengthwise into 3/4-inch-thick slices
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons herbs de provence
- ☐ 4 tablespoons olive oil ()
- ☐ 2 zucchini quartered

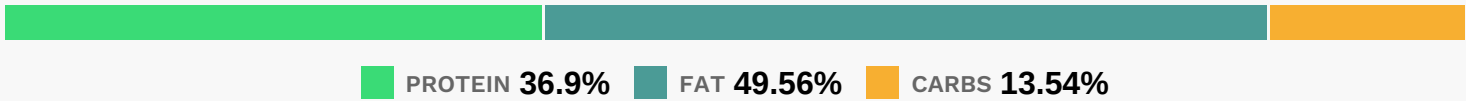
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Spray grill with nonstick spray. Preparebarbecue (medium–high heat).
- ☐ Brush tuna steaks, zucchini, andeggplant with olive oil; sprinkle with saltand pepper. Grill vegetables until tenderand lightly charred, turning occasionally,about 12 minutes.
- ☐ Remove from grill andcut into bite–size chunks.
- ☐ Place vegetables,tomatoes, herbes de Provence, and garlicin large bowl; toss to blend. Set aside.Grill tuna steaks to desired doneness,about 4 minutes per side for medium–rare.
- ☐ Place tuna on plates, top with vegetables,and serve with aioli.* A dried herb mixture; sold in the spicesection of supermarkets and at specialtyfoods stores. If unavailable, a combinationof dried thyme, basil, savory, and fennel seeds can be substituted.
- ☐ Per serving: 335 calories, 15g fat (2g saturated), 63mg cholesterol, 69mg sodium, 15g carbohydrates, 7g fiber, 36g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:35.723913047625%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 388.79kcal (19.44%), Fat: 21.59g (33.21%), Saturated Fat: 3.86g (24.13%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 8.17g (2.97%), Sugar: 8.32g (9.25%), Cholesterol: 53.86mg (17.95%), Sodium: 74.27mg (3.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.34%), Vitamin B12: 13.37µg (222.78%), Selenium: 52.78µg (75.39%), Vitamin A: 3699.8IU (74%), Vitamin B3: 13.87mg (69.36%), Vitamin D: 8.08µg (53.86%), Vitamin B6: 0.97mg (48.54%), Vitamin C: 37.51mg (45.46%), Phosphorus: 447.51mg (44.75%), Vitamin B1: 0.46mg (30.72%), Vitamin B2: 0.51mg (29.95%), Potassium: 1042.29mg (29.78%), Manganese: 0.59mg (29.4%), Vitamin E: 4.35mg (28.98%), Magnesium: 112.38mg (28.1%), Vitamin K: 27.28µg (25.98%), Vitamin B5: 2.11mg (21.13%), Fiber: 5.1g (20.42%), Iron: 3.29mg (18.25%), Copper: 0.33mg (16.41%), Folate: 62.38µg (15.6%), Zinc: 1.49mg (9.93%), Calcium: 56.37mg (5.64%)