



Grilled Tuna with Puttanesca Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 0.3 teaspoon pepper black divided
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 3 garlic cloves divided minced
- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons lemon rind fresh grated

- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes chopped 2 large

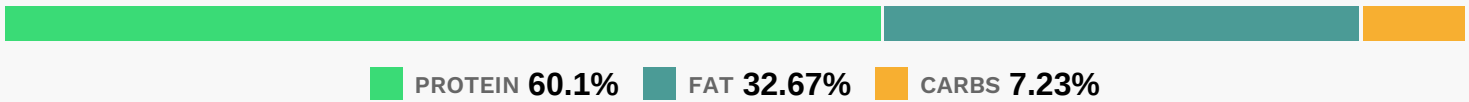
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine 1/4 cup basil, lemon rind, lemon juice, and 2 minced garlic cloves in a shallow dish.
- ☐ Add fish, and turn to coat. Cover and chill 30 minutes.
- ☐ Combine tomato, olives, capers, remaining 1 minced garlic clove, remaining 1/4 cup basil, and 1/8 teaspoon pepper in a medium bowl.
- ☐ Prepare grill.
- ☐ Place fish on grill rack coated with cooking spray. Grill 3 to 4 minutes on each side or until desired degree of doneness.
- ☐ Sprinkle fish with salt and remaining 1/8 teaspoon pepper.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:32.110869355824%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 277.52kcal (13.88%), Fat: 9.85g (15.15%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 3.41g (1.24%), Sugar: 2.28g (2.53%), Cholesterol: 64.64mg (21.55%), Sodium: 548.42mg (23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.53%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 4529.81IU (90.6%), Selenium: 62.54µg (89.34%), Vitamin B3: 15.25mg (76.25%), Vitamin D: 9.7µg (64.64%), Phosphorus: 456.5mg (45.65%), Vitamin B6: 0.87mg (43.74%), Vitamin B1: 0.45mg (29.85%), Vitamin B2: 0.45mg (26.55%), Magnesium: 98.14mg (24.53%), Vitamin C: 15.73mg (19.06%), Vitamin B5: 1.9mg (18.96%), Vitamin K: 19.19µg (18.27%), Potassium: 638.47mg (18.24%), Vitamin E: 2.48mg (16.55%), Iron: 2.17mg (12.07%), Copper: 0.23mg (11.51%), Manganese: 0.2mg (10.08%), Zinc: 1.22mg (8.11%), Fiber: 1.49g (5.97%), Folate: 19.05µg (4.76%), Calcium: 38.15mg (3.82%)