



 **100%**
HEALTH SCORE

Grilled Tuna with Tomato Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks fresh
- ☐ 1 cup arugula roughly chopped
- ☐ 2 tablespoons capers roughly chopped
- ☐ 1 clove garlic minced
- ☐ 1 lemon zest grated
- ☐ 2 teaspoons oregano dried
- ☐ 2 tomatoes diced seeded
- ☐ 0.8 cup basic vinaigrette

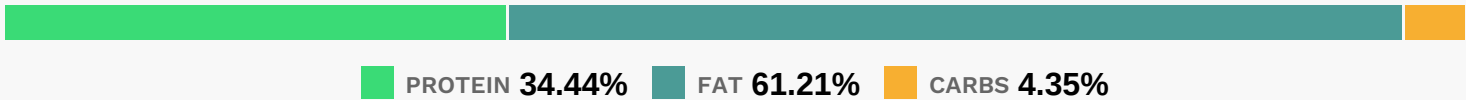
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Whisk together the vinaigrette, lemon zest, garlic, and oregano in a medium bowl. Arrange the tuna steaks in a shallow baking dish and pour 1/2 cup of the mixture over them. Turn the tuna to coat, then cover and refrigerate for 1 hour.
- ☐ Heat a grill to high or a grill pan to medium-high. Grill about 4 minutes per side for medium-rare, depending on the heat level. Meanwhile, pour the remaining 1/4 cup of vinaigrette over the tomatoes, capers, and arugula and toss.
- ☐ Serve the tomato salsa over or alongside the tuna.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:34.102608411208%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 472.98kcal (23.65%), Fat: 32.06g (49.32%), Saturated Fat: 6.45g (40.31%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.57g (1.3%), Sugar: 3.02g (3.35%), Cholesterol: 64.6mg (21.53%), Sodium: 182.42mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.59g (81.17%), Vitamin B12: 16.03µg (267.18%), Selenium: 63.03µg (90.04%), Vitamin A: 4365.39IU (87.31%), Vitamin B3: 15.18mg (75.88%), Vitamin D: 9.69µg (64.6%),

Vitamin K: 63.83µg (60.79%), Phosphorus: 452.37mg (45.24%), Vitamin B6: 0.85mg (42.48%), Vitamin E: 4.44mg (29.58%), Vitamin B1: 0.44mg (29.3%), Vitamin B2: 0.46mg (26.8%), Magnesium: 98.55mg (24.64%), Vitamin B5: 1.89mg (18.88%), Potassium: 615.96mg (17.6%), Vitamin C: 11.54mg (13.99%), Iron: 2.43mg (13.51%), Copper: 0.21mg (10.56%), Manganese: 0.18mg (8.86%), Zinc: 1.2mg (8%), Fiber: 1.55g (6.18%), Folate: 20.98µg (5.25%), Calcium: 48.69mg (4.87%)