



Grilled Tuscan Tuna Salad

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound tuna steak fresh
- 2 fillet anchovy dry finely chopped
- 0.5 teaspoon pepper black freshly ground
- 1 Loaf tuscan bread with extra-virgin olive oil
- 15 ounce .5 can cannellini beans rinsed drained well canned
- 6 servings canola oil for brushing
- 1 teaspoon dijon mustard
- 0.5 cup extra virgin tuscan olive oil

- 0.5 bulb fennel fresh thinly sliced
- 0.3 cup basil fresh chopped
- 0.3 cup fresh-flat leaf parsley chopped
- 1 teaspoon rosemary fresh finely chopped
- 1 clove garlic smashed
- 2 teaspoons fennel powder
- 6 servings honey
- 2 teaspoons kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons juice of lemon fresh for serving
- 4 ounces baby greens mixed
- 1 cup gaeta olives pitted
- 0.5 onion red thinly sliced
- 3 tablespoons citrus champagne vinegar

Equipment

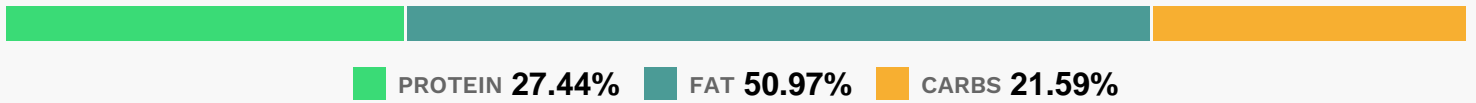
- bowl
- whisk
- grill

Directions

- Remove the tuna from the refrigerator 20 minutes before grilling.
- Heat a charcoal or gas grill to high for direct grilling.
- Mix together the fennel, salt and pepper in a small bowl.
- Brush the tuna with canola oil on both sides and sprinkle with the spice mixture. Grill until charred on both sides and cooked to medium doneness, about 5 minutes per side.
- Remove and let rest for 5 minutes.
- Cut into medium dice.

- Whisk together the lemon juice, vinegar, mustard, rosemary, anchovies and garlic in a small bowl and season with salt and pepper. Slowly pour in the olive oil while whisking, until it all emulsifies. For a sweeter and thicker texture, whisk in a teaspoon of honey at a time, until desired taste and consistency is reached.
- Combine the beans, olives, fennel, onion and tuna in a large bowl.
- Add the dressing and gently toss to coat.
- Add the greens, basil and parsley, season with salt and pepper, and toss again.
- For serving: Mound the salad on a platter and sprinkle the remaining lemon juice over the top.

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:7.28, Inflammation Score:-10, Nutrition Score:35.836521397466%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 477.98kcal (23.9%), Fat: 27.28g (41.97%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 20.58g (7.48%), Sugar: 7.46g (8.29%), Cholesterol: 43.89mg (14.63%), Sodium: 1203.1mg (52.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.08%), Vitamin B12: 10.7µg (178.36%), Manganese: 3.1mg (154.99%), Vitamin K: 72.51µg (69.06%), Selenium: 43.91µg (62.73%), Vitamin A: 3072.87IU (61.46%), Vitamin B3: 10.48mg (52.41%), Vitamin D: 6.46µg (43.09%), Phosphorus: 384.36mg (38.44%), Vitamin E: 5.71mg (38.07%), Vitamin B6: 0.63mg (31.49%), Magnesium: 108.54mg (27.13%), Vitamin B1: 0.37mg (24.39%), Iron: 4.17mg (23.14%), Potassium: 798.2mg (22.81%), Fiber: 5.42g (21.69%), Vitamin B2: 0.34mg (20.15%), Folate: 69.39µg (17.35%), Vitamin C: 14.19mg (17.2%), Copper: 0.34mg (17.13%), Vitamin B5: 1.46mg (14.55%), Zinc: 1.7mg (11.32%), Calcium: 106.29mg (10.63%)