



Herbed Tuna Steak with Black Bean Confetti Relish

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce tuna steak (3/)
- ☐ 1 serving black bean confetti relish
- ☐ 0.1 teaspoon tarragon dried
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon oregano dried
- ☐ 1 tablespoon shallots minced

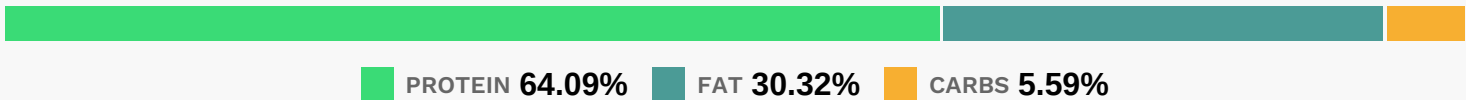
Equipment

- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a small dish; cover and marinate in refrigerator 30 minutes. Prepare grill or broiler.
- ☐ Place fish on grill rack or broiler pan coated with cooking spray. Cook 2 minutes on each side or until fish is done.
- ☐ Serve with Black Bean Confetti Relish.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:28.790434681851%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 259.38kcal (12.97%), Fat: 8.45g (13.01%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.29g (1.44%), Cholesterol: 64.64mg (21.55%), Sodium: 68.04mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.2g (80.41%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.27µg (88.95%), Vitamin A: 3732.01IU (74.64%), Vitamin B3: 14.79mg (73.97%), Vitamin D: 9.7µg (64.64%), Phosphorus: 441.19mg (44.12%), Vitamin B6: 0.83mg (41.27%), Vitamin B1: 0.42mg (28.08%), Vitamin B2: 0.44mg (25.69%), Magnesium: 90.45mg (22.61%), Vitamin B5: 1.85mg (18.51%), Potassium: 494.84mg (14.14%), Vitamin E: 1.78mg (11.86%), Iron: 2.11mg (11.72%), Copper: 0.17mg (8.37%), Vitamin C: 6.74mg (8.16%), Manganese: 0.15mg (7.63%), Zinc: 1.09mg (7.27%), Folate: 11.16µg (2.79%), Calcium: 27.26mg (2.73%), Fiber: 0.67g (2.69%), Vitamin K: 2.45µg (2.34%)