



Mediterranean Grilled Tuna Sandwich

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon thyme leaves dried fresh chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 pound filets
- ☐ 0.8 cup tomatoes seeded coarsely chopped

- ☐ 0.3 medium onion red thinly sliced
- ☐ 2 tablespoons olives pitted ripe chopped
- ☐ 2 tablespoons regular hamburger fresh italian chopped
- ☐ 2 teaspoons capers
- ☐ 0.5 pound sourdough bread french italian
- ☐ 2 leaves the of 1 cos lettuce shredded

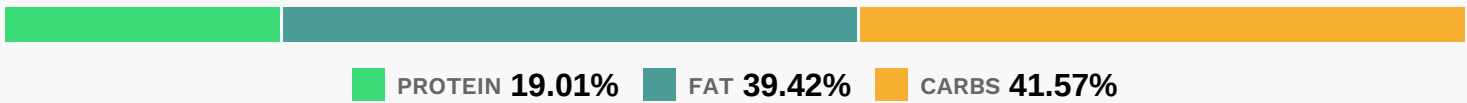
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Mix oil, thyme, vinegar, salt, pepper and garlic. In shallow glass or plastic dish or resealable food-storage plastic bag, pour half of oil mixture over fish fillets; turn fish to coat with marinade. Cover dish or seal bag and refrigerate at least 30 minutes but no longer than 1 hour.
- ☐ Mix remaining oil mixture, the tomato, onion, olives, parsley and capers; cover and refrigerate.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove fish from marinade; reserve marinade. Cover and grill fish 5 to 6 inches from medium heat 10 to 15 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Break fish into chunks.
- ☐ Cut off top one-third of bread loaf. Hollow out both parts, leaving 1/2-inch-thick crust. Arrange romaine on bottom half of bread. Top with fish. Spoon tomato mixture evenly over fish. Replace top piece of bread. Wrap loaf in plastic wrap or foil and refrigerate 30 to 60 minutes. Unwrap and cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:23.27, Inflammation Score:-10, Nutrition Score:20.160000459008%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 366.52kcal (18.33%), Fat: 16.27g (25.03%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 35.27g (12.83%), Sugar: 4.61g (5.12%), Cholesterol: 24.38mg (8.13%), Sodium: 652.9mg (28.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.31%), Selenium: 35.6µg (50.86%), Folate: 162.33µg (40.58%), Vitamin K: 42.58µg (40.56%), Vitamin B1: 0.53mg (35.45%), Manganese: 0.71mg (35.33%), Vitamin A: 1654.05IU (33.08%), Iron: 5.3mg (29.43%), Vitamin B3: 4.96mg (24.79%), Vitamin B2: 0.37mg (21.93%), Phosphorus: 214.72mg (21.47%), Vitamin B6: 0.34mg (16.79%), Fiber: 3.33g (13.31%), Vitamin E: 1.98mg (13.19%), Magnesium: 52.25mg (13.06%), Potassium: 456.19mg (13.03%), Vitamin B12: 0.75µg (12.54%), Zinc: 1.81mg (12.07%), Vitamin C: 9.51mg (11.52%), Copper: 0.18mg (8.93%), Calcium: 74.65mg (7.46%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.39mg (3.86%)