



Peppered Tuna Bruschetta

 Dairy Free

READY IN



28 min.

SERVINGS



18

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce tuna steaks fresh
- 15 inch baguette french
- 1 tablespoon tarragon fresh chopped
- 2 large cloves garlic divided
- 1 tablespoon juice of lemon fresh
- 1.5 tablespoons olive oil divided
- 1 teaspoon pepper freshly ground
- 12 ounce roasted peppers in water red

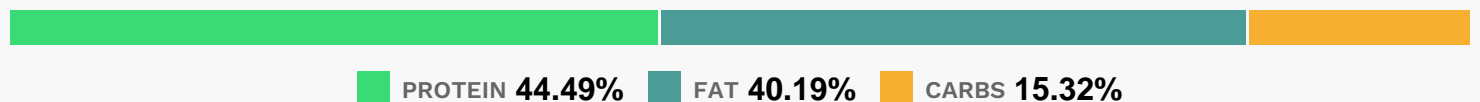
Equipment

- bowl
- baking sheet
- oven
- grill

Directions

- Brush 1 1/2 teaspoons olive oil evenly over tuna steaks.
- Sprinkle 1 teaspoon pepper over both sides of tuna, pressing pepper into tuna.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place tuna on rack; grill, covered, 4 minutes on each side or until fish flakes easily when tested with a fork.
- Flake tuna in a medium bowl.
- Drain red peppers, reserving liquid. Chop enough peppers to measure 3/4 cup. Reserve remaining peppers and liquid for another use.
- Add chopped peppers, remaining 1 tablespoon olive oil, tarragon, and lemon juice to tuna, stirring lightly. Finely chop 1 clove garlic; add to tuna mixture. Set aside.
- Lightly coat both sides of bread slices with cooking spray.
- Cut remaining 1 clove garlic in half; rub bread slices with cut sides of garlic. Arrange bread slices in a single layer on a baking sheet.
- Bake at 350 for 10 minutes or until lightly browned, turning once. Spoon tuna mixture evenly over bread slices.

Nutrition Facts



Properties

Glycemic Index:11.32, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:6.8104348312254%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.59kcal (2.88%), Fat: 2.55g (3.93%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.12g (0.14%), Cholesterol: 9.58mg (3.19%), Sodium: 282mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.71%), Vitamin B12: 2.38µg (39.61%), Selenium: 9.69µg (13.84%), Vitamin A: 665.41IU (13.31%), Vitamin B3: 2.42mg (12.1%), Vitamin C: 9.41mg (11.41%), Vitamin D: 1.44µg (9.58%), Vitamin B6: 0.16mg (8.24%), Phosphorus: 71.77mg (7.18%), Vitamin B1: 0.08mg (5.32%), Vitamin B2: 0.08mg (4.8%), Manganese: 0.09mg (4.73%), Magnesium: 16.9mg (4.23%), Iron: 0.63mg (3.5%), Potassium: 109.15mg (3.12%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.29mg (2.85%), Copper: 0.05mg (2.7%), Folate: 7.05µg (1.76%), Calcium: 17.57mg (1.76%), Zinc: 0.22mg (1.48%), Fiber: 0.34g (1.35%)