



HEALTH SCORE

100%

Provençale Grilled Tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.8 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons herbs de provence dried
- ☐ 0.3 cup niçoise olives pitted chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds tomatoes seeded chopped

☐ 1 tablespoon citrus champagne vinegar

Equipment

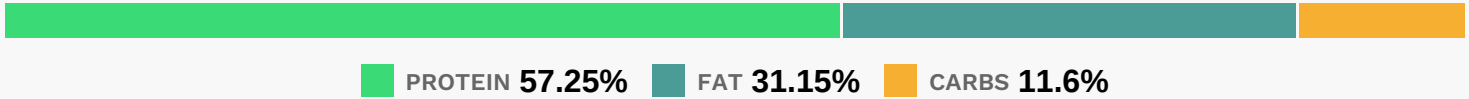
☐ bowl

☐ grill

Directions

- ☐ Combine first 7 ingredients in a medium bowl. Cover and chill 20 minutes.
- ☐ Prepare grill.
- ☐ Sprinkle fish with herbes de Provence and 1/4 teaspoon salt.
- ☐ Place fish on a grill rack coated with cooking spray; cook 3 minutes on each side or until fish is medium-rare or desired degree of doneness.
- ☐ Serve fish with tomato mixture.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.02, Inflammation Score:-10, Nutrition Score:39.984782675038%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 296.19kcal (14.81%), Fat: 10.1g (15.54%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 5.59g (2.03%), Sugar: 4.64g (5.15%), Cholesterol: 64.64mg (21.55%), Sodium: 358.95mg (15.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.76g (83.52%), Vitamin B12: 16.04µg (267.34%), Vitamin K: 204.51µg (194.77%), Vitamin A: 6130.62IU (122.61%), Selenium: 62.41µg (89.16%), Vitamin B3: 15.94mg (79.69%), Vitamin D: 9.7µg (64.64%), Phosphorus: 483.47mg (48.35%), Vitamin B6: 0.95mg (47.32%), Vitamin C: 39mg

(47.28%), Vitamin B1: 0.49mg (32.64%), Magnesium: 112.1mg (28.02%), Vitamin B2: 0.48mg (27.98%), Potassium: 911.98mg (26.06%), Vitamin E: 3.05mg (20.36%), Vitamin B5: 2mg (20%), Iron: 3.48mg (19.34%), Manganese: 0.3mg (15.2%), Copper: 0.28mg (14.13%), Folate: 47.68µg (11.92%), Fiber: 2.87g (11.48%), Zinc: 1.48mg (9.87%), Calcium: 62.07mg (6.21%)