



Republic of the Rio Grande Grilled Tuna and Grapefruit Supreme Salad

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ahi tuna steak
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 texas toast croutons red
- ☐ 6 cups the salad mixed
- ☐ 0.8 cup olive oil

- ☐ 1 teaspoon hot sauce hot minced
- ☐ 8 slices onion red
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

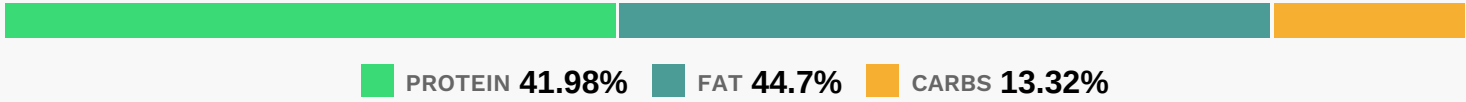
- ☐ bowl
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Peel and segment 2 grapefruits; set aside. Squeeze the juice from the other half grapefruit into a measuring cup; it should yield about 1/4 cup of juice.
- ☐ To make the salad dressing, combine the grapefruit juice, vinegar, oil, garlic, salt, freshly ground black pepper to taste, and minced jalapeño in a medium bowl; mix well. Cover and refrigerate the salad dressing.
- ☐ Place the tuna steaks in a shallow dish.
- ☐ Pour 1 tablespoon of dressing over each piece of tuna. Turn the tuna in the marinade to coat. Cover with plastic wrap, or place all of the tuna steaks and marinade in a plastic bag, and refrigerate for 1 hour.
- ☐ Light the grill.
- ☐ Remove the tuna from the refrigerator and allow to come to room temperature. Grill for about 4 minutes per inch of thickness for rare, 6 minutes for medium or until done to taste, turning at least once.
- ☐ To serve, toss the greens with the salad dressing in a mixing bowl. Divide the dressed greens among 4 plates. Top each with a grilled tuna steak, then sprinkle with freshly ground black pepper.
- ☐ Spread grapefruit supremes over the top of the salad.

- ☐ Garnish with the cilantro and red onion slices.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The Tex-Mex Grill and Backyard Barbacoa Cookbook by Robb Walsh. Copyright © 201

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:32.169565211172%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 409.64kcal (20.48%), Fat: 20.01g (30.79%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.39g (4.5%), Sugar: 2.21g (2.46%), Cholesterol: 64.6mg (21.53%), Sodium: 360.29mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.29g (84.58%), Vitamin B12: 16.03µg (267.18%), Selenium: 62.54µg (89.35%), Vitamin A: 4408.99IU (88.18%), Vitamin B3: 15.09mg (75.43%), Vitamin D: 9.69µg (64.6%), Phosphorus: 465.13mg (46.51%), Vitamin B6: 0.87mg (43.33%), Vitamin B1: 0.44mg (29.51%), Iron: 5.27mg (29.25%), Vitamin B2: 0.47mg (27.44%), Magnesium: 95.01mg (23.75%), Vitamin C: 17.05mg (20.66%), Vitamin E: 2.88mg (19.2%), Vitamin B5: 1.91mg (19.06%), Potassium: 580.87mg (16.6%), Copper: 0.19mg (9.6%), Manganese: 0.18mg (8.93%), Zinc: 1.21mg (8.05%), Folate: 31.14µg (7.79%), Vitamin K: 5.81µg (5.53%), Fiber: 1.03g (4.1%), Calcium: 30.25mg (3.03%)