



Seared Tuna Salad with Lemon-Caper Vinaigrette and Feta Quesadillas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tuna steak (3/)
- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 15 ounce cannellini beans beans white undrained canned
- 1.5 teaspoons capers drained
- 2 ounces feta cheese crumbled
- 4 8-inch flour tortillas fat-free ()

- 0.3 cup kalamata olives pitted chopped
- 2 tablespoons dijon-lemon vinaigrette
- 1.5 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 2 tablespoons mayonnaise low-fat
- 0.5 teaspoon olive oil
- 0.5 teaspoon oregano dried
- 8 cups gourmet salad greens
- 2 cups tomatoes chopped

Equipment

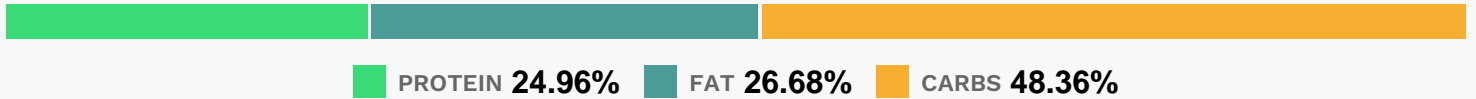
- bowl
- frying pan
- whisk
- sieve

Directions

- To prepare vinaigrette, combine first 6 ingredients; stir with a whisk. Set aside.
- To prepare the quesadillas, drain the beans through a sieve over a bowl, reserving 1 tablespoon bean liquid, and discard the remaining liquid.
- Combine 1/2 cup beans, 1 tablespoon reserved liquid, and oregano in a small bowl, and mash with a fork.
- Spread bean mixture evenly over 2 tortillas.
- Sprinkle each tortilla with 1/4 cup cheese; top with remaining tortillas, and set aside.
- Sprinkle fish with 1/2 teaspoon pepper.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add fish; cook 2 minutes on each side until fish is medium-rare or desired degree of doneness.
- Remove fish from pan; coarsely chop fish.

- Heat pan coated with cooking spray over medium heat. Cook quesadillas for 4 minutes on each side or until golden brown.
- Remove quesadillas from pan; cut each into 8 wedges.
- Combine the vinaigrette, remaining beans, greens, tomato, and olives; toss well. Arrange 2 cups salad on each of 4 plates; divide the fish evenly among salads. Top each serving with 4 quesadilla wedges.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:14.44, Inflammation Score:-10, Nutrition Score:34.353913099869%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 461.46kcal (23.07%), Fat: 13.82g (21.27%), Saturated Fat: 4.69g (29.34%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 47.77g (17.37%), Sugar: 4.84g (5.38%), Cholesterol: 35.28mg (11.76%), Sodium: 799.59mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Vitamin B12: 5.59µg (93.1%), Vitamin A: 2874.46IU (57.49%), Manganese: 1.07mg (53.54%), Selenium: 36.55µg (52.22%), Phosphorus: 446.75mg (44.67%), Vitamin C: 36.19mg (43.87%), Vitamin B3: 8.36mg (41.81%), Folate: 166.91µg (41.73%), Vitamin B1: 0.58mg (38.45%), Iron: 6.65mg (36.95%), Fiber: 8.6g (34.4%), Potassium: 1043.15mg (29.8%), Vitamin B2: 0.51mg (29.76%), Magnesium: 117.08mg (29.27%), Vitamin B6: 0.57mg (28.41%), Calcium: 258.42mg (25.84%), Copper: 0.46mg (23.07%), Vitamin D: 3.29µg (21.92%), Vitamin K: 19.32µg (18.4%), Zinc: 2.53mg (16.9%), Vitamin E: 2.46mg (16.39%), Vitamin B5: 1.21mg (12.15%)