



WHATSheATE



Spicy Grilled Tuna with Garden Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 tuna steaks (5 ounces each, 3/)



1 tablespoon basil fresh finely chopped



1 tablespoon cilantro leaves fresh finely chopped



1 tablespoon mint leaves fresh finely chopped



6 large cloves garlic unpeeled



2 cups heirloom tomatoes diced



3 jalapeño chiles stemmed



0.3 cup juice of lime fresh

- ☐ 0.3 cup onion diced red
- ☐ 1 teaspoon salt divided

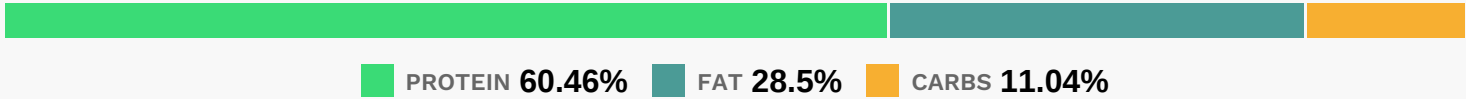
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Roast garlic and jalapeños in a small, dry skillet over medium heat, turning occasionally, until soft (both will blacken in spots), 5 to 10 minutes for jalapeños, 15 minutes for garlic. Cool, then peel garlic. Puree garlic, jalapeños, lime juice and 1/2 teaspoon salt in a blender until smooth. Scoop 1/2 cup puree into a 13" x 9" glass baking dish.
- ☐ Place fish on puree, flipping once to coat both sides. Cover dish; refrigerate 10 to 20 minutes to marinate.
- ☐ Transfer remaining puree into another bowl for salsa.
- ☐ Mix in tomatoes. Rinse onion in a small strainer under cold water; drain.
- ☐ Add to tomato mixture. Stir in cilantro, mint and basil. Season with remaining 1/2 teaspoon salt. Coat grill with cooking spray; heat to medium-high (about 375°F).
- ☐ Remove fish from marinade; place on grill. Cover grill and cook 3 minutes. Uncover, flip fish, cover again and cook until fish is done, about 2 minutes more for medium-rare.
- ☐ Transfer fish to plates; spoon salsa on top.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:33.066521686056%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 276.75kcal (13.84%), Fat: 8.58g (13.19%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.12g (3.47%), Cholesterol: 64.6mg (21.53%), Sodium: 653.63mg (28.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.94g (81.87%), Vitamin B12: 16.03µg (267.18%), Vitamin A: 4539.27IU (90.79%), Selenium: 62.8µg (89.71%), Vitamin B3: 15.38mg (76.9%), Vitamin D: 9.69µg (64.6%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 465.55mg (46.56%), Vitamin C: 29.86mg (36.19%), Vitamin B1: 0.46mg (30.67%), Vitamin B2: 0.46mg (27.18%), Magnesium: 99.47mg (24.87%), Potassium: 690.57mg (19.73%), Vitamin B5: 1.95mg (19.55%), Vitamin E: 2.52mg (16.82%), Iron: 2.16mg (11.99%), Manganese: 0.23mg (11.69%), Copper: 0.22mg (11.16%), Vitamin K: 10.42µg (9.92%), Zinc: 1.26mg (8.42%), Fiber: 1.62g (6.5%), Folate: 22.78µg (5.7%), Calcium: 39.22mg (3.92%)