



Tarragon Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



260 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds tuna steaks fresh
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.5 teaspoon tarragon dried
- ☐ 2 cloves garlic minced peeled
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons tarragon vinegar

Equipment

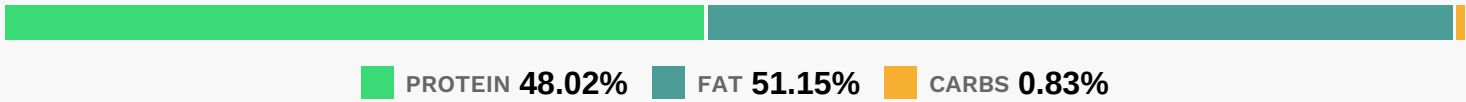
- ☐ bowl

- ☐ whisk
- ☐ grill

Directions

- ☐ In a medium bowl, whisk together olive oil, garlic, tarragon vinegar, dried tarragon and pepper.
- ☐ Place tuna steaks into the mixture. Cover and marinate in the refrigerator at least 4 hours.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Grill tuna steaks 8 to 10 minutes per side, until the tuna flakes easily and is opaque in the center.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:28.358695488909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 342.42kcal (17.12%), Fat: 18.86g (29.02%), Saturated Fat: 3.59g (22.47%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.02g (0.02%), Cholesterol: 64.64mg (21.55%), Sodium: 67.14mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.69%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.35µg (89.08%), Vitamin A: 3724.4IU (74.49%), Vitamin B3: 14.75mg (73.77%), Vitamin D: 9.7µg (64.64%), Phosphorus: 435.6mg (43.56%), Vitamin B6: 0.8mg (39.94%), Vitamin B1: 0.41mg (27.58%), Vitamin B2: 0.43mg (25.42%), Magnesium: 86.54mg (21.64%), Vitamin E: 3.22mg (21.43%), Vitamin B5: 1.8mg (18.03%), Potassium: 443.8mg (12.68%), Iron: 1.91mg (10.62%), Copper: 0.15mg (7.71%), Zinc: 1.05mg (7%), Vitamin K: 6.51µg (6.2%), Manganese: 0.09mg (4.38%), Calcium: 20.2mg (2.02%), Folate: 4.15µg (1.04%)