



HEALTH SCORE

100%

Tuna and Red Onion Spiedini



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce tuna steak cut into 1-inch pieces
- ☐ 4 teaspoons rosemary fresh chopped
- ☐ 8 slices optional: lemon halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 ounces baby greens mixed
- ☐ 6 tablespoons garlic-flavored olive oil
- ☐ 12 pieces x1x1/4-inch onion red

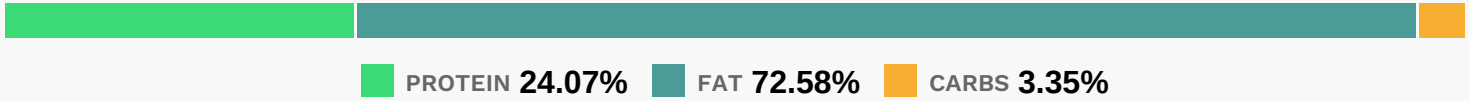
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk oil, lemon juice and rosemary in small bowl to blend. Season dressing with salt and pepper. Thread tuna, onion and lemon slices onto 4 metal skewers.
- ☐ Brush with dressing; sprinkle with salt and pepper. Grill tuna and onion until tuna is just opaque in center and onion is slightly charred and tender, turning and brushing often with some remaining dressing, about 8 minutes.
- ☐ Toss greens and all remaining dressing in medium bowl. Mound salad on plates; top with skewers.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:31.343913264897%

Flavonoids

Eriodictyol: 6.71mg, Eriodictyol: 6.71mg, Eriodictyol: 6.71mg, Eriodictyol: 6.71mg Hesperetin: 9.98mg, Hesperetin: 9.98mg, Hesperetin: 9.98mg, Hesperetin: 9.98mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 614.43kcal (30.72%), Fat: 49.8g (76.61%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.2g (1.53%), Sugar: 1.33g (1.48%), Cholesterol: 59.25mg (19.75%), Sodium: 70.02mg (3.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.33%), Vitamin B12: 14.7µg (245.06%), Selenium: 57.18µg (81.69%), Vitamin A: 3738.86IU (74.78%), Vitamin B3: 13.7mg (68.5%), Vitamin D: 8.89µg (59.25%), Vitamin E: 7.67mg (51.15%), Phosphorus: 414.65mg (41.47%), Vitamin B6: 0.77mg (38.46%), Vitamin C: 27.71mg (33.59%), Vitamin B1: 0.4mg (26.79%), Vitamin B2: 0.42mg (24.43%), Vitamin K: 25.31µg (24.1%), Magnesium: 85mg (21.25%), Vitamin B5: 1.76mg (17.59%), Potassium: 506.29mg (14.47%), Iron: 2.21mg (12.28%), Copper: 0.16mg (8.2%), Zinc: 1.03mg (6.88%), Folate: 21.05µg (5.26%), Manganese: 0.08mg (4.25%), Fiber: 0.96g (3.84%), Calcium: 26.77mg (2.68%)