



Tuna Burgers with Tapenade

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce tuna steak
- ☐ 1 anchovy minced
- ☐ 24 inch baguette bread halved
- ☐ 1 tablespoon capers drained
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup olives green pitted
- ☐ 0.3 cup kalamata olives pitted
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon parsley leaves fresh italian
- ☐ 4 slices onion red thin
- ☐ 0.5 cup purchased roasted bell peppers drained sliced into 1/2-inch wide strips
- ☐ 4 romaine lettuce leaves
- ☐ 4 servings salt and pepper black freshly ground

Equipment

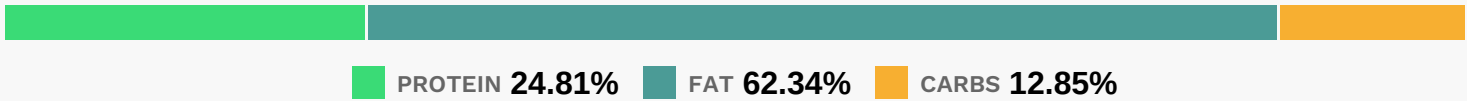
- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare the barbecue (medium-high heat). Grill the baguette pieces, cut side down, until lightly toasted, about 2 minutes.
- ☐ Remove and set aside.
- ☐ Combine the olives, capers, 1 tablespoon of oil, lemon juice, parsley, lemon zest, and anchovy in a food processor. Pulse just until the olives are finely chopped. Season the tapenade with salt and pepper.
- ☐ Drizzle the tuna with the remaining oil.
- ☐ Sprinkle with salt and pepper. Grill the tuna until golden and seared on the outside, and just opaque in the center, about 2 minutes per side.
- ☐ Stir the mayonnaise and mustard in a small bowl to blend. (The tapenade and Dijon-mayonnaise can be prepared 1 day ahead. Cover separately and refrigerate. Bring the tapenade to room temperature before using.)
- ☐ Spread the Dijon-mayonnaise over the bottom and top halves of the baguette pieces. Top with red peppers and red onion.

Cut the tuna steaks across the grain into 1/2-inch thick slices. Arrange the tuna slices atop the onions. Spoon the tapenade over the tuna. Top with the lettuce then the baguette tops, and serve.

Nutrition Facts



Properties

Glycemic Index:57.92, Glycemic Load:4.28, Inflammation Score:-10, Nutrition Score:27.921739018482%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 372.17kcal (18.61%), Fat: 25.82g (39.73%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.17g (3.33%), Sugar: 2.25g (2.5%), Cholesterol: 40.76mg (13.59%), Sodium: 912.92mg (39.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.12g (46.25%), Vitamin B12: 8.05µg (134.14%), Vitamin A: 4570.35IU (91.41%), Vitamin K: 79.48µg (75.7%), Selenium: 39.22µg (56.04%), Vitamin B3: 8.67mg (43.37%), Vitamin D: 4.89µg (32.57%), Phosphorus: 267.49mg (26.75%), Vitamin B6: 0.49mg (24.55%), Vitamin B1: 0.32mg (21.46%), Vitamin E: 2.85mg (19%), Vitamin B2: 0.3mg (17.47%), Vitamin C: 13.87mg (16.81%), Manganese: 0.33mg (16.68%), Magnesium: 64.01mg (16%), Folate: 63.15µg (15.79%), Iron: 2.28mg (12.65%), Vitamin B5: 1.16mg (11.63%), Fiber: 2.8g (11.22%), Potassium: 390.41mg (11.15%), Copper: 0.18mg (9.18%), Calcium: 66.97mg (6.7%), Zinc: 0.91mg (6.07%)