


HEALTH SCORE **100%**

Tuna Steak and Vegetable Sandwiches

 Dairy Free  Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**376 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ahi tuna steak
- 4 servings arugula
- 3 eggplant trimmed cut lengthwise into 1/3-inch-thick slices
- 1 pinch marjoram dried fresh chopped
- 3 tablespoons marjoram dried fresh chopped
- 2 garlic clove minced
- 0.8 cup olive oil
- 3 tablespoons balsamic vinegar

- 8.5 inch sourdough bread
- 1 bell pepper yellow cut into 1/3-inch-wide strips
- 2 zucchini trimmed cut lengthwise into 1/3-inch-thick slices

Equipment

- bowl
- frying pan
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine 3/4 cup oil and next 3 ingredients in small bowl. Arrange eggplant slices, zucchini and bell pepper on broiler pan.
- Brush on both sides with oil mixture.
- Sprinkle with salt and pepper. Broil until brown, watching closely, about 2 minutes per side.
- Transfer to platter.
- Place bread on broiler pan.
- Brush top side with oil mixture and sprinkle with pepper. Broil until top side is brown.
- Transfer to work surface, browned side up.
- Meanwhile, heat 2 tablespoons oil in heavy large skillet over high heat. Season tuna with salt and pepper.
- Add to skillet and sauté until just cooked through, about 30 seconds per side.
- Place tuna on half of bread slices.
- Sprinkle with chopped marjoram. Top with vegetables and arugula, then remaining bread slices, browned side down.

Nutrition Facts



Properties

Glycemic Index:75.38, Glycemic Load:6.68, Inflammation Score:-10, Nutrition Score:42.466956843501%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Apigenin: 3.81mg, Apigenin: 3.81mg, Apigenin: 3.81mg, Apigenin: 3.81mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 376.07kcal (18.8%), Fat: 14.87g (22.88%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 19.02g (6.92%), Sugar: 16.85g (18.73%), Cholesterol: 43.09mg (14.36%), Sodium: 98.88mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.7%), Vitamin B12: 10.69µg (178.22%), Vitamin C: 83.99mg (101.8%), Vitamin B3: 13.07mg (65.37%), Vitamin A: 3194.84IU (63.9%), Selenium: 44.49µg (63.56%), Vitamin K: 60.78µg (57.88%), Manganese: 1.13mg (56.31%), Vitamin B6: 1.05mg (52.37%), Fiber: 11.92g (47.68%), Phosphorus: 431.31mg (43.13%), Vitamin D: 6.46µg (43.09%), Potassium: 1463.67mg (41.82%), Vitamin B1: 0.51mg (33.79%), Magnesium: 135.12mg (33.78%), Vitamin B2: 0.55mg (32.13%), Folate: 128.14µg (32.03%), Vitamin B5: 2.49mg (24.88%), Copper: 0.49mg (24.28%), Vitamin E: 3.52mg (23.45%), Iron: 3.07mg (17.05%), Zinc: 1.74mg (11.62%), Calcium: 86.2mg (8.62%)