



Tuna Tapenade



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 24 ounce ahi tuna fillets
- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.3 cup niçoise olives pitted chopped

- ☐ 0.3 cup roasted bell peppers diced red
- ☐ 0.3 teaspoon salt

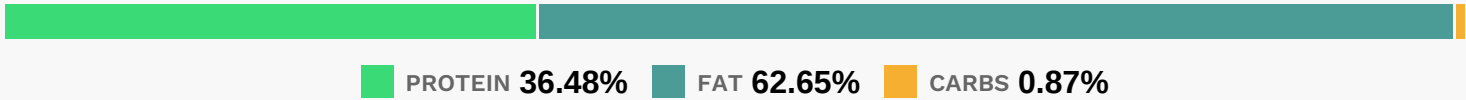
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring well. Set aside.
- ☐ Brush tuna with olive oil; sprinkle with salt and pepper. Grill over medium-high heat 3 minutes on each side or to desired degree of doneness.
- ☐ Serve immediately with olive mixture.
- ☐ POUR: A glass of Chardonnay makes a fine pairing with meaty fish such as tuna. Try a full-bodied New World (think Pacific Coast) wine such as Geyser Peak. In the mood for red?
- ☐ Pour Calera Pinot Noir from California's Central Coast.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:30.247826068298%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 449kcal (22.45%), Fat: 30.84g (47.45%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.07g (0.07%), Cholesterol: 65.91mg (21.97%), Sodium: 629.39mg (27.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.83%), Vitamin B12: 16.05µg (267.56%), Selenium: 63.27µg (90.38%), Vitamin A: 3851.43IU (77.03%), Vitamin B3: 15.12mg (75.62%), Vitamin D: 9.72µg (64.81%), Phosphorus: 439.07mg (43.91%), Vitamin B6: 0.8mg (39.9%), Vitamin E: 5.14mg (34.27%), Vitamin B1: 0.42mg (27.75%), Vitamin B2: 0.44mg (26.01%), Magnesium: 90.15mg (22.54%), Vitamin B5: 1.82mg (18.17%),

Vitamin K: 18.28µg (17.41%), Potassium: 459.57mg (13.13%), Iron: 2.15mg (11.92%), Copper: 0.19mg (9.67%), Zinc: 1.1mg (7.33%), Vitamin C: 4.42mg (5.36%), Manganese: 0.07mg (3.6%), Calcium: 29.29mg (2.93%), Fiber: 0.56g (2.24%), Folate: 6.87µg (1.72%)