



Tuna With Tapenade



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce tuna steaks
- ☐ 4 ounce capers drained
- ☐ 3 garlic cloves halved
- ☐ 5 kalamata olives pitted
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounce pimientos diced drained
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sun-dried tomato paste (such as Amore)

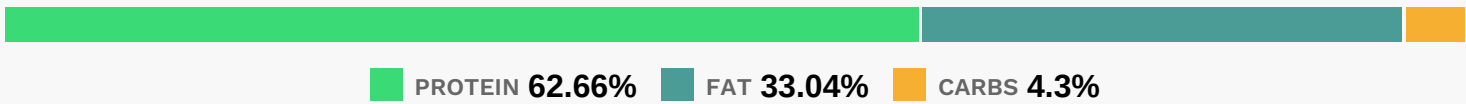
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 5 ingredients in a food processor. Pulse 5 times or until finely chopped, scraping down sides of bowl, if necessary.
- ☐ Transfer to a small bowl, and set aside.
- ☐ Sprinkle tuna evenly with salt and pepper.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place fish on rack; grill, covered, 4 to 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with tapenade.
- ☐ Garnish with lemon wedges and rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:30.787391071734%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 24.83mg, Kaempferol: 24.83mg, Kaempferol: 24.83mg, Kaempferol: 24.83mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 32.64mg, Quercetin: 32.64mg, Quercetin: 32.64mg, Quercetin: 32.64mg

Nutrients (% of daily need)

Calories: 268.01kcal (13.4%), Fat: 9.5g (14.61%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.74g (0.82%), Cholesterol: 64.64mg (21.55%), Sodium: 789.17mg (34.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.52g (81.05%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.6µg (89.42%), Vitamin A: 4337.28IU (86.75%), Vitamin B3: 15.01mg (75.03%), Vitamin D: 9.7µg (64.64%),

Phosphorus: 440.47mg (44.05%), Vitamin B6: 0.85mg (42.39%), Vitamin B1: 0.42mg (28.07%), Vitamin B2: 0.47mg (27.59%), Vitamin C: 20.94mg (25.38%), Magnesium: 93.5mg (23.37%), Vitamin B5: 1.81mg (18.11%), Iron: 2.64mg (14.66%), Vitamin E: 2.16mg (14.37%), Potassium: 481.22mg (13.75%), Copper: 0.24mg (11.9%), Zinc: 1.14mg (7.63%), Vitamin K: 6.79µg (6.46%), Fiber: 1.2g (4.81%), Manganese: 0.09mg (4.68%), Calcium: 27.37mg (2.74%), Folate: 9.23µg (2.31%)