



Tuscan-Style Grilled Tuna Steaks

 Very Healthy

READY IN



27 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tuna steaks fresh
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings grilled crusty bread
- ☐ 1 Handful flat parsley
- ☐ 0.5 pound mozzarella cheese smoked fresh thinly sliced
- ☐ 2 sprigs rosemary fresh finely chopped
- ☐ 3 sprigs rosemary fresh
- ☐ 3 cloves garlic crushed

- ☐ 4 servings grill seasoning black
- ☐ 1 juice of lemon juiced
- ☐ 1 lemon zest
- ☐ 2 tablespoons olive oil extra-virgin plus more, for drizzling
- ☐ 4 servings olive oil extra-virgin for cooking
- ☐ 3 large plum tomatoes diced firm seeded
- ☐ 4 portobello mushroom caps medium to large
- ☐ 4 servings serving suggestions: salad dressed mixed green with oil and vinegar
- ☐ 4 servings grill seasoning spice blend black
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board

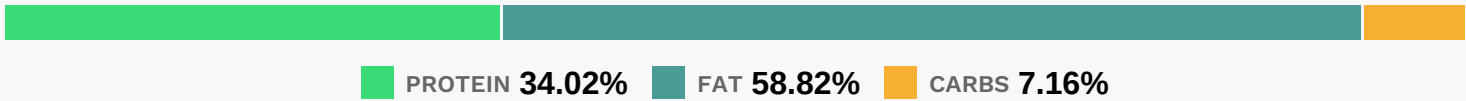
Directions

- ☐ Watch how to make this recipe.
- ☐ Rinse and pat tuna steaks dry.
- ☐ Place zest on top of cutting board. Pile rosemary and parsley leaves on top of zest. Pile garlic and some coarse salt and black pepper or grill seasoning on top of herbs. Finely chop the garlic, herbs, and spices.
- ☐ Drizzle the olive oil over the tuna steaks just enough to coat each side. Rub herb and garlic mixture into fish, coating pieces evenly on each side.
- ☐ Let stand 10 minutes.
- ☐ Grill tuna steaks 6 minutes on each side or 4 minutes on each side, if you prefer pink tuna at the center. Cook steaks over: high setting on indoor electric grill, medium high heat on

outdoor gas grill or, 6 inches from hot, prepared charcoal.

- ☐ Combine first 4 ingredients in a bowl or large food storage plastic bag. Coat mushroom caps evenly in marinade.
- ☐ Place mushroom caps on the grill cap-side-up and season with grill seasoning or salt and pepper. If you are using an indoor tabletop electric grill, preheat to 400 degrees F or "high" setting. If you are using an outdoor gas grill, preheat to medium high; for a charcoal grill, prepare coals and cook mushrooms 6 inches from hot coals. Mushrooms will cook 4 to 6 minutes on each side. Cook mushrooms covered or under tin foil tent and turn occasionally.
- ☐ Combine tomatoes, rosemary, and smoked mozzarella.
- ☐ Drizzle with oil and toss.
- ☐ Fill mushroom caps with tomato mixture and top with sliced mozzarella. The mushrooms will look like small pizzas.
- ☐ Place caps in oven at 425 degrees F until cheese melts or you can close grill lid or replace tin foil tent over mushroom caps to melt cheese, it will take 1 to 3 minutes.
- ☐ Serve as-is or, place stuffed caps on garlic toast or sliced crusty bread to catch the juices.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:42.635217231253%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 652.09kcal (32.6%), Fat: 42.49g (65.37%), Saturated Fat: 12.58g (78.59%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 9.69g (3.52%), Sugar: 5.73g (6.37%), Cholesterol: 109.39mg (36.46%), Sodium: 878.09mg (38.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.29g (110.57%), Vitamin B12: 17.37µg (289.43%), Selenium: 88.11µg (125.88%), Vitamin A: 5027.8IU (100.56%), Vitamin B3: 19.15mg (95.77%), Phosphorus: 759.25mg

(75.92%), Vitamin D: 10.17µg (67.79%), Vitamin B6: 1.02mg (51.22%), Vitamin B2: 0.74mg (43.49%), Vitamin B1: 0.52mg (34.85%), Vitamin E: 5.13mg (34.19%), Calcium: 326.95mg (32.69%), Vitamin K: 34.09µg (32.47%), Vitamin B5: 2.96mg (29.55%), Potassium: 1016.2mg (29.03%), Vitamin C: 22.94mg (27.8%), Magnesium: 109.39mg (27.35%), Copper: 0.46mg (23.06%), Zinc: 3.35mg (22.35%), Iron: 3.12mg (17.36%), Folate: 57.55µg (14.39%), Manganese: 0.27mg (13.52%), Fiber: 1.95g (7.81%)