



Zesty Grilled Tuna with Fresh Tomato Salsa

 Gluten Free

READY IN



84 min.

SERVINGS



24

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb tuna steaks
- 0.3 cup heinz balsamic vinegar
- 3 Tbsp cooking wine dry white
- 0.5 cup athenos feta cheese crumbled traditional
- 2 Tbsp basil fresh divided chopped
- 1 1 env. good seasons zesty italian dressing mix italian good
- 0.3 cup olive oil
- 4 plum tomatoes chopped

1 Tbsp onions red chopped

Equipment

grill

Directions

Mix first 4 ingredients until well blended. Stir in 1 Tbsp. basil.

Mix 2 Tbsp. dressing mixture with remaining basil, tomatoes, onions and cheese; set aside.

Pour remaining dressing mixture over tuna in shallow dish; turn to coat both sides. Cover; refrigerate 30 min. to 1 hour to marinate.

Heat greased grill to medium-high heat.

Remove tuna from marinade; discard marinade. Grill tuna 5 to 7 min. on each side or until tuna flakes easily with fork.

Serve topped with tomato mixture.

Nutrition Facts

 **PROTEIN 33.67%**  **FAT 58.91%**  **CARBS 7.42%**

Properties

Glycemic Index:9.46, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:4.9847825843355%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 61.51kcal (3.08%), Fat: 3.87g (5.96%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.71g (0.78%), Cholesterol: 9.96mg (3.32%), Sodium: 48.66mg (2.12%), Alcohol: 0.19g (100%), Alcohol %: 0.61% (100%), Protein: 4.98g (9.96%), Vitamin B12: 1.84µg (30.58%), Vitamin A: 539.55IU (10.79%), Selenium: 7.37µg (10.53%), Vitamin B3: 1.74mg (8.68%), Vitamin D: 1.09µg (7.27%), Phosphorus: 62.27mg (6.23%), Vitamin B6: 0.11mg (5.49%), Vitamin B2: 0.08mg (4.5%), Vitamin K: 4.41µg (4.2%), Vitamin E:

0.58mg (3.86%), Vitamin B1: 0.05mg (3.64%), Magnesium: 12.06mg (3.02%), Vitamin B5: 0.24mg (2.41%), Potassium: 80.54mg (2.3%), Calcium: 19.89mg (1.99%), Vitamin C: 1.54mg (1.87%), Iron: 0.3mg (1.64%), Zinc: 0.23mg (1.54%), Manganese: 0.03mg (1.39%), Copper: 0.03mg (1.31%)