



Zesty Tuna Sandwich

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound tuna steaks
- 0.3 cup balsamic vinegar
- 0.3 teaspoon pepper black
- 0.8 cup mayonnaise fat-free
- 16 ounce bread french
- 2 garlic cloves crushed
- 0.1 teaspoon ground pepper red
- 1 teaspoon penzey's southwest seasoning dried italian

- 2 tablespoons blackstrap molasses
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 4 cups spinach leaves
- 3 bell peppers yellow cut into 4 wedges

Equipment

- bowl
- grill
- broiler
- ziploc bags
- broiler pan

Directions

- Combine mayonnaise and garlic in a bowl. Cover and chill.
- Combine vinegar and next 8 ingredients (vinegar through tuna) in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- Remove bell pepper and tuna from bag, reserving marinade.
- Prepare grill or broiler.
- Place bell pepper and tuna on a grill rack or broiler pan coated with cooking spray; cook 4 minutes on each side or until bell pepper is tender and tuna is medium-rare or desired degree of doneness, basting occasionally with reserved marinade.
- Cut tuna into 1-inch chunks.
- Cut the loaf in half horizontally, and spread mayonnaise mixture over cut sides of loaf. Arrange spinach, bell pepper, and tuna on bottom half of loaf. Top with top half of loaf, and cut the loaf into 6 pieces.

Nutrition Facts



PROTEIN 25.03% FAT 23.23% CARBS 51.74%

Properties

Glycemic Index:50.92, Glycemic Load:33.85, Inflammation Score:-10, Nutrition Score:39.283043529676%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 435.18kcal (21.76%), Fat: 11.22g (17.26%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 56.23g (18.74%), Net Carbohydrates: 52.85g (19.22%), Sugar: 13.68g (15.2%), Cholesterol: 31.33mg (10.44%), Sodium: 832.11mg (36.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.41%), Vitamin C: 115.15mg (139.58%), Vitamin B12: 7.13µg (118.82%), Vitamin K: 109.33µg (104.12%), Vitamin A: 3668.27IU (73.37%), Selenium: 51.03µg (72.9%), Vitamin B3: 10.95mg (54.75%), Vitamin B1: 0.76mg (50.45%), Manganese: 0.83mg (41.42%), Folate: 149.65µg (37.41%), Vitamin B2: 0.57mg (33.69%), Vitamin B6: 0.63mg (31.28%), Phosphorus: 303.96mg (30.4%), Vitamin D: 4.31µg (28.73%), Iron: 5.17mg (28.73%), Magnesium: 104.7mg (26.18%), Potassium: 654.27mg (18.69%), Copper: 0.32mg (15.9%), Vitamin E: 2.08mg (13.86%), Fiber: 3.38g (13.53%), Vitamin B5: 1.23mg (12.26%), Zinc: 1.51mg (10.1%), Calcium: 98.6mg (9.86%)