



Adobo Tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (1/)
- ☐ 4 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon cracked pepper
- ☐ 0.3 teaspoon salt

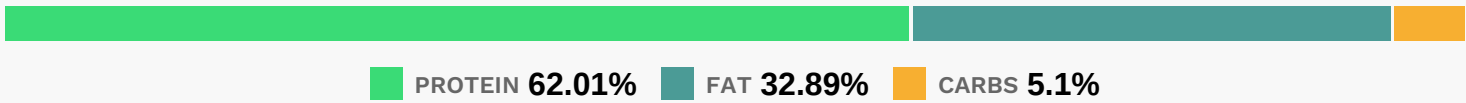
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a large shallow dish; add fish, turning to coat. Cover and marinate in refrigerator 1 hour, turning fish occasionally.
- ☐ Preheat broiler.
- ☐ Remove fish from dish, discarding marinade.
- ☐ Brush oil over fish; sprinkle with pepper.
- ☐ Place fish on broiler pan coated with cooking spray; broil 4 minutes or until medium-rare (do not turn).
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:28.833043352417%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 266.15kcal (13.31%), Fat: 9.45g (14.53%), Saturated Fat: 2.3g (14.34%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.39g (0.43%), Cholesterol: 64.64mg (21.55%), Sodium: 213.2mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.08g (80.16%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.58µg (89.4%), Vitamin A: 3733.74IU (74.67%), Vitamin B3: 14.8mg (73.99%), Vitamin D: 9.7µg (64.64%), Phosphorus: 441.87mg (44.19%), Vitamin B6: 0.82mg (41.2%), Vitamin B1: 0.42mg (28.24%), Vitamin B2: 0.44mg

(25.67%), Magnesium: 89.86mg (22.47%), Vitamin B5: 1.84mg (18.45%), Potassium: 478.57mg (13.67%), Vitamin E: 1.95mg (13.01%), Iron: 2.12mg (11.76%), Copper: 0.17mg (8.56%), Vitamin C: 7.01mg (8.5%), Manganese: 0.16mg (8.21%), Zinc: 1.1mg (7.31%), Calcium: 30.5mg (3.05%), Vitamin K: 3.16µg (3.01%), Fiber: 0.4g (1.61%), Folate: 6.21µg (1.55%)