

Aloha Tuna Steaks

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



2

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ginger fresh grated
- ☐ 1 cup vegetables) mixed frozen for stir fry any combination
- ☐ 8 ounce pineapple chunks in juice drained canned
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce swordfish steaks
- ☐ 2 tablespoons teriyaki sauce
- ☐ 2 sheets non-stick foil reynolds wrap® 12x18-inches each

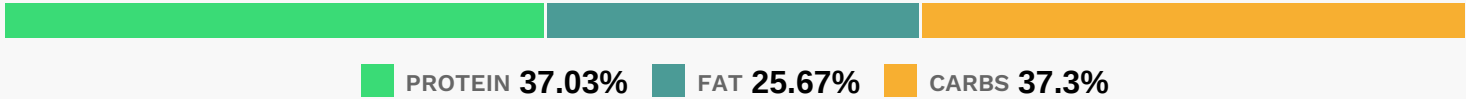
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F or grill to medium-high.
- ☐ Center one tuna steak on each sheet of Reynolds Wrap® Non-Stick Foil with non-stick (dull) side toward food; top with pineapple chunks.
- ☐ Combine teriyaki sauce, ginger and salt; spoon over tuna and pineapple. Arrange vegetables beside tuna.
- ☐ Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
- ☐ Bake 16 to 18 minutes on a cookie sheet in oven.
- ☐ OR Grill 8 to 10 minutes in covered grill.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:30.928695621698%

Nutrients (% of daily need)

Calories: 346.82kcal (17.34%), Fat: 10.03g (15.43%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 32.79g (10.93%), Net Carbohydrates: 27.65g (10.05%), Sugar: 18.72g (20.8%), Cholesterol: 93.55mg (31.18%), Sodium: 1138.87mg (49.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.11%), Vitamin D: 19.7µg (131.35%), Selenium: 82.38µg (117.69%), Vitamin A: 4847.78IU (96.96%), Vitamin B3: 12.69mg (63.47%), Vitamin B6: 0.96mg (48.04%), Phosphorus: 450.97mg (45.1%), Vitamin B12: 2.41µg (40.16%), Potassium: 968.67mg (27.68%), Vitamin C: 20.15mg (24.42%), Magnesium: 91.16mg (22.79%), Vitamin B1: 0.34mg (22.57%), Fiber: 5.14g (20.57%), Vitamin E: 2.89mg (19.25%), Copper: 0.28mg (14.03%), Manganese: 0.24mg (11.98%), Iron: 2.03mg (11.29%), Vitamin B2: 0.19mg (11.12%), Zinc: 1.48mg (9.86%), Folate: 36.39µg (9.1%), Vitamin B5: 0.68mg (6.81%), Calcium: 52.74mg (5.27%)