



Asian Grilled Tuna with Wasabi Aioli

 **Gluten Free**  **Dairy Free**

READY IN



145 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup salad dressing
- 1 teaspoon horseradish prepared
- 2 pounds ahi tuna steak
- 0.5 cup vegetable oil
- 0.3 cup soya sauce
- 2 tablespoons brown sugar packed
- 2 teaspoons sesame oil
- 2 teaspoons ginger grated

- 2 cloves garlic finely chopped
- 2 teaspoons sesame seed toasted

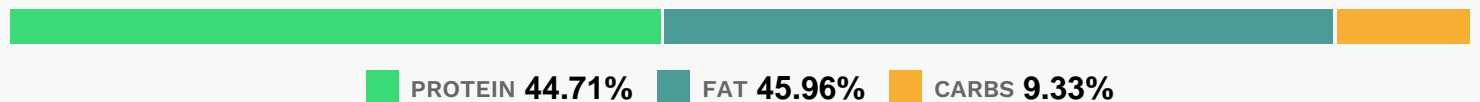
Equipment

- bowl
- grill
- ziploc bags

Directions

- In small bowl, mix all Wasabi Aioli ingredients. Cover and refrigerate until serving.
- If tuna steaks are large, cut into 8 serving pieces. In shallow glass or plastic dish or resealable food-storage plastic bag, mix vegetable oil, soy sauce, brown sugar, sesame oil, gingerroot and garlic.
- Add tuna; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning once, at least 2 hours but no longer than 4 hours.
- Heat coals or gas grill for direct heat.
- Remove tuna from marinade; reserve marinade. Cover and grill tuna about 4 inches from medium heat 10 to 15 minutes, brushing 2 to 3 times with marinade and turning once, until tuna flakes easily with fork. Discard any remaining marinade.
- Sprinkle tuna with sesame seed.
- Serve with Wasabi Aioli.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:21.397826031498%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.35kcal (12.67%), Fat: 12.65g (19.46%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.6g (2.04%), Sugar: 4.73g (5.25%), Cholesterol: 43.09mg (14.36%), Sodium: 733.76mg (31.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Vitamin B12: 10.69µg (178.22%), Selenium: 42.1µg (60.14%), Vitamin B3: 10.25mg (51.26%), Vitamin A: 2480.89IU (49.62%), Vitamin D: 6.46µg (43.09%), Phosphorus: 307.58mg (30.76%), Vitamin B6: 0.56mg (28.02%), Vitamin B1: 0.29mg (19.17%), Vitamin B2: 0.3mg (17.75%), Magnesium: 63.9mg (15.97%), Vitamin K: 13.39µg (12.76%), Vitamin B5: 1.24mg (12.42%), Vitamin E: 1.7mg (11.31%), Potassium: 331.54mg (9.47%), Iron: 1.54mg (8.54%), Copper: 0.14mg (6.95%), Zinc: 0.79mg (5.25%), Manganese: 0.1mg (4.92%), Calcium: 22.07mg (2.21%), Folate: 4.96µg (1.24%)