



Citrus Tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce tuna steaks (3/)
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup juice of lemon fresh (3 lemons)
- ☐ 0.5 cup juice of lime fresh (4 limes)
- ☐ 1 cup orange juice fresh (3 oranges)
- ☐ 1 teaspoon salt

☐ 3 tablespoons sugar

Equipment

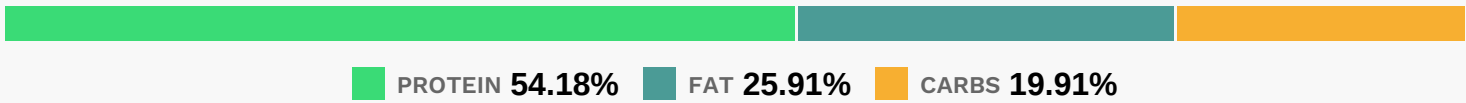
☐ sauce pan

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a medium saucepan. Bring to a boil; cook until reduced to 1/2 cup (about 20 minutes).
- ☐ Remove from heat; cool slightly.
- ☐ Combine pepper, salt, and fennel seeds; rub over both sides of fish.
- ☐ Place fish on grill rack coated with cooking spray; grill 3 minutes on each side. Turn fish; brush with half of orange juice glaze. Grill 1 minute. Turn fish; brush with remaining orange juice glaze. Grill 1 minute or until fish is medium-rare or until desired degree of doneness.
- ☐ Note: Store cooked tuna in refrigerator for up to 1 day.
- ☐ Wine Note: With its bright citrus flavors and the char from the grill, this dish needs a refreshing flavor-packed white. Try the spicy, herbal, and crisp Kumeu River Pinot Gris from New Zealand. The 2000 vintage is \$

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:6.69, Inflammation Score:-10, Nutrition Score:31.193042941715%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 9.69mg, Hesperetin: 9.69mg, Hesperetin: 9.69mg, Hesperetin: 9.69mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 302.79kcal (15.14%), Fat: 8.59g (13.22%), Saturated Fat: 2.18g (13.59%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.2g (5.16%), Sugar: 10.34g (11.49%), Cholesterol: 64.64mg (21.55%), Sodium: 455.83mg (19.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.83%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.54µg (89.34%), Vitamin A: 3813.29IU (76.27%), Vitamin B3: 14.98mg (74.89%), Vitamin D: 9.7µg (64.64%), Phosphorus: 449.79mg (44.98%), Vitamin C: 35.28mg (42.76%), Vitamin B6: 0.84mg (41.84%), Vitamin B1: 0.46mg (30.9%), Vitamin B2: 0.45mg (26.57%), Magnesium: 95.93mg (23.98%), Vitamin B5: 1.95mg (19.49%), Potassium: 583.01mg (16.66%), Vitamin E: 1.8mg (12.03%), Iron: 2.05mg (11.4%), Manganese: 0.22mg (11.07%), Copper: 0.2mg (9.84%), Zinc: 1.12mg (7.44%), Folate: 22.12µg (5.53%), Calcium: 34.53mg (3.45%), Fiber: 0.65g (2.61%), Vitamin K: 1.83µg (1.75%)