



 **100%**
HEALTH SCORE

Double-Sesame Grilled Tuna

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce tuna steaks (3/)
- 1 teaspoon chili oil
- 2 teaspoons sesame oil dark
- 2 tablespoons green onions finely chopped
- 0.3 cup lower-sodium soy sauce
- 2 teaspoons sesame seed toasted

Equipment

- frying pan

ziploc bags

grill pan

Directions

Combine first 5 ingredients in a large zip-top plastic bag.

Add tuna; seal and let stand 10 minutes, turning the bag occasionally.

Heat a grill pan over medium-high heat. Coat pan with cooking spray.

Remove tuna from bag; discard marinade.

Add tuna to pan; cook for 5 minutes or until desired degree of doneness, turning once.

Nutrition Facts

PROTEIN 59.56% **FAT 38.51%** **CARBS 1.93%**

Properties

Glycemic Index:16.75, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:29.072608509789%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 287.23kcal (14.36%), Fat: 11.89g (18.28%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.15g (0.17%), Cholesterol: 64.64mg (21.55%), Sodium: 640.7mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.72%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.53µg (89.32%), Vitamin A: 3743.22IU (74.86%), Vitamin B3: 14.96mg (74.81%), Vitamin D: 9.7µg (64.64%), Phosphorus: 465.9mg (46.59%), Vitamin B6: 0.81mg (40.46%), Vitamin B1: 0.43mg (28.39%), Vitamin B2: 0.47mg (27.65%), Magnesium: 100.16mg (25.04%), Vitamin B5: 1.85mg (18.47%), Potassium: 497.71mg (14.22%), Vitamin E: 1.96mg (13.05%), Iron: 2.15mg (11.92%), Copper: 0.2mg (9.87%), Zinc: 1.24mg (8.24%), Vitamin K: 7.08µg (6.75%), Manganese: 0.12mg (6.12%), Folate: 13.3µg (3.33%), Calcium: 30.31mg (3.03%), Fiber: 0.31g (1.23%)