



Ginger-Soy Marinated Tuna Steaks with Sesame-Watermelon Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 3 tablespoons ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions chopped

- ☐ 3 tablespoons green onions thinly sliced
- ☐ 0.3 cup juice of lemon fresh (2 lemons)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup orange watermelon diced seeded
- ☐ 0.8 cup orange juice fresh (3 oranges)
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons seasoned rice vinegar
- ☐ 1 tablespoon sriracha such as huy fong) hot
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon sugar
- ☐ 1 cup watermelon diced red seeded
- ☐ 1 cup watermelon diced yellow seeded

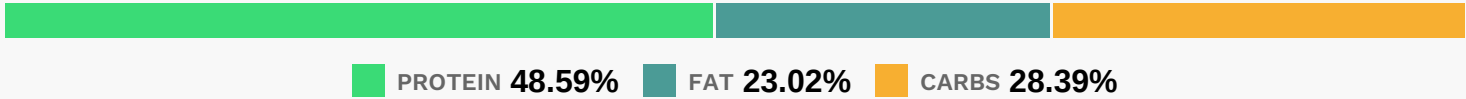
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare tuna, combine first 8 ingredients in a large zip-top plastic bag.
- ☐ Add fish to bag; seal. Marinate in refrigerator for 30 minutes, turning occasionally.
- ☐ To prepare relish, combine watermelons and next 8 ingredients (through sesame oil). Cover and chill.
- ☐ Prepare grill.
- ☐ Remove fish from bag; discard marinade.
- ☐ Place fish on grill rack coated with cooking spray; cook 3 minutes on each side or until medium-rare or desired degree of doneness.
- ☐ Serve with relish.
- ☐ Sprinkle with sesame seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:11.72, Inflammation Score:-10, Nutrition Score:38.197391385617%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 20.57mg, Hesperetin: 20.57mg, Hesperetin: 20.57mg, Hesperetin: 20.57mg Naringenin: 8.15mg, Naringenin: 8.15mg, Naringenin: 8.15mg, Naringenin: 8.15mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 354.92kcal (17.75%), Fat: 9.06g (13.93%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 22.85g (8.31%), Sugar: 17.93g (19.93%), Cholesterol: 64.64mg (21.55%), Sodium: 876.69mg (38.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.01%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 4568.76IU (91.38%), Selenium: 63.26µg (90.37%), Vitamin C: 67.48mg (81.8%), Vitamin B3: 15.53mg (77.65%), Vitamin D: 9.7µg (64.64%), Phosphorus: 495.21mg (49.52%), Vitamin B6: 0.94mg (47.09%), Vitamin K: 39.62µg (37.73%), Vitamin B1: 0.54mg (36.25%), Vitamin B2: 0.54mg (31.65%), Magnesium: 121.56mg (30.39%), Potassium: 850.44mg (24.3%), Vitamin B5: 2.28mg (22.81%), Iron: 2.66mg (14.78%), Folate: 56.37µg (14.09%), Vitamin E: 2.06mg (13.72%), Copper: 0.27mg (13.42%), Manganese: 0.23mg (11.72%), Zinc: 1.41mg (9.4%), Fiber: 2.27g (9.08%), Calcium: 67.47mg (6.75%)