

 98%
HEALTH SCORE

Grilled Ahi Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



13 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons sake rice wine

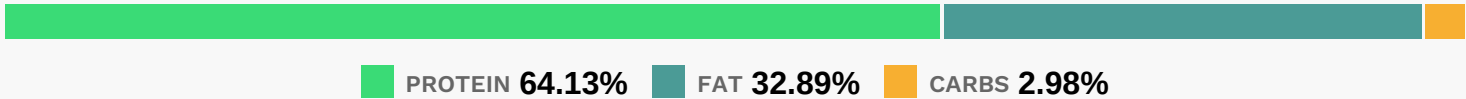
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a small bowl. Reserve 1/4 cup mixture.
- ☐ Place remaining mixture in a large heavy-duty zip-top plastic bag; add fish. Seal and marinate in refrigerator at least 30 minutes, turning once.
- ☐ Prepare grill.
- ☐ Remove fish from marinade, discarding marinade.
- ☐ Place fish on grill rack coated with cooking spray; grill 3 minutes on each side or until fish is medium-rare or desired degree of doneness.
- ☐ Transfer fish to serving plates; spoon reserved soy sauce mixture over fish and top with cilantro.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.15, Inflammation Score:-10, Nutrition Score:28.543478131294%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 275.95kcal (13.8%), Fat: 9.41g (14.48%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.11g (0.13%), Cholesterol: 64.64mg (21.55%), Sodium: 642.7mg (27.94%), Alcohol: 1.21g (100%), Alcohol %: 0.78% (100%), Protein: 41.29g (82.58%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.51µg (89.31%), Vitamin A: 3763.91IU (75.28%), Vitamin B3: 14.93mg (74.66%), Vitamin D: 9.7µg (64.64%), Phosphorus: 461.89mg (46.19%), Vitamin B6: 0.82mg (41.09%), Vitamin B1: 0.42mg (27.99%), Vitamin B2: 0.47mg (27.56%), Magnesium: 97.32mg (24.33%), Vitamin B5: 1.86mg (18.56%), Potassium: 498.19mg (14.23%), Vitamin E:

1.84mg (12.24%), Iron: 2.01mg (11.17%), Copper: 0.16mg (8.1%), Zinc: 1.17mg (7.82%), Manganese: 0.12mg (6.11%),
Folate: 10.67µg (2.67%), Calcium: 22.11mg (2.21%)