



Grilled Asian Tuna Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup water
- ☐ 1 teaspoon sugar
- ☐ 2 garlic clove minced
- ☐ 1 spring onion finely chopped
- ☐ 16 oz ahi tuna steak ()

Equipment

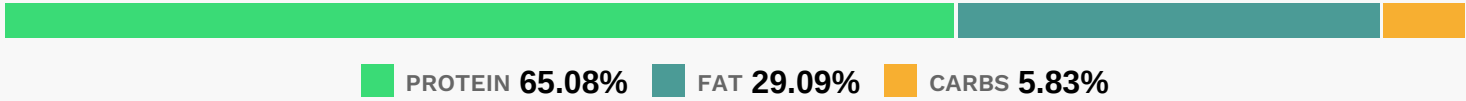
- ☐ sauce pan

- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In 8-inch square (2-quart) glass baking dish, combine all ingredients except tuna steaks; mix well.
- ☐ Add tuna; turn to coat.
- ☐ Let stand while grill is heating.
- ☐ Heat gas or charcoal grill. When grill is heated, remove tuna from soy sauce mixture; reserve mixture.
- ☐ Place tuna on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cover grill; cook 10 to 12 minutes or until fish flakes easily with fork and is opaque in center, turning once and brushing frequently with soy sauce mixture.
- ☐ Bring any remaining soy sauce mixture to a boil in small saucepan.
- ☐ Serve tuna with warm soy sauce mixture.

Nutrition Facts



Properties

Glycemic Index:73.55, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:36.794347960016%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 358.08kcal (17.9%), Fat: 11.17g (17.19%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.59g (1.67%), Sugar: 2.66g (2.95%), Cholesterol: 86.18mg (28.73%), Sodium: 1711.36mg (74.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.26g (112.52%), Vitamin B12: 21.39µg (356.45%), Selenium: 83.49µg (119.27%), Vitamin B3: 20.83mg (104.13%), Vitamin A: 5011.05IU (100.22%), Vitamin D: 12.93µg (86.18%), Phosphorus: 620.57mg (62.06%), Vitamin B6: 1.13mg (56.54%), Vitamin B1: 0.57mg (38.2%), Vitamin B2: 0.62mg (36.58%), Magnesium: 127.24mg (31.81%), Vitamin B5: 2.52mg (25.22%), Potassium: 661.64mg (18.9%), Iron: 3.14mg

(17.47%), Vitamin E: 2.3mg (15.36%), Copper: 0.25mg (12.65%), Manganese: 0.24mg (11.93%), Vitamin K: 12.47µg (11.88%), Zinc: 1.55mg (10.31%), Calcium: 34.6mg (3.46%), Folate: 13.69µg (3.42%), Vitamin C: 2.06mg (2.5%), Fiber: 0.45g (1.8%)