

Grilled Bourbon-Mustard Tuna



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



2

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb ahi tuna steak cut into 2 serving pieces ()
- ☐ 2 tablespoons apple juice
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.5 teaspoon salt

Equipment

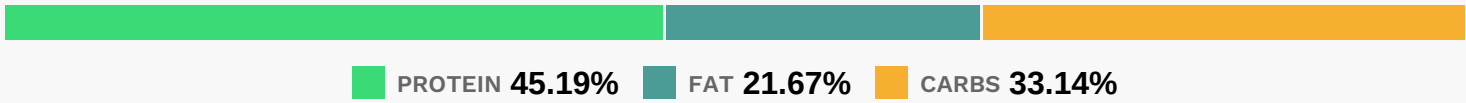
- ☐ bowl

- ☐ sauce pan
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In 8-inch square (2-quart) glass baking dish, place fish. In small bowl, mix brown sugar, salt, bourbon, mustard and onions; pour over fish. Cover; refrigerate 1 hour to marinate.
- ☐ Heat gas or charcoal grill.
- ☐ Remove fish from marinade; pour marinade into 1-quart saucepan and reserve. Carefully brush grill rack with canola oil.
- ☐ Place fish on grill. Cover grill; cook over medium heat 10 to 15 minutes, turning once, until fish flakes easily with fork and is slightly pink in center.
- ☐ Heat marinade to boiling; pour over fish.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:28.91695621221%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 361.31kcal (18.07%), Fat: 8.53g (13.13%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 28.98g (10.54%), Sugar: 28.33g (31.48%), Cholesterol: 64.64mg (21.55%), Sodium: 711.97mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.05g (80.11%), Vitamin B12: 16.04µg (267.34%), Selenium: 64.17µg (91.67%), Vitamin A: 3776.74IU (75.53%), Vitamin B3: 14.82mg (74.1%), Vitamin D: 9.7µg (64.64%), Phosphorus: 441.82mg (44.18%), Vitamin B6: 0.8mg (39.75%), Vitamin B1: 0.43mg (28.39%), Vitamin B2: 0.44mg (25.74%), Magnesium: 91.89mg (22.97%), Vitamin B5: 1.86mg (18.56%), Potassium: 504.55mg (14.42%), Vitamin K: 12.49µg (11.9%), Iron: 2.12mg (11.79%), Vitamin E: 1.75mg (11.69%), Copper: 0.17mg (8.51%), Zinc: 1.09mg (7.26%), Calcium: 45.46mg (4.55%), Manganese: 0.09mg (4.31%), Folate: 7.87µg (1.97%), Fiber: 0.4g (1.6%), Vitamin C: 1.28mg (1.56%)