



Grilled Ginger-Lime Tuna Steaks

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb ahi tuna steak
- 0.3 cup juice of lime
- 2 tablespoons vegetable oil
- 2 teaspoons ginger finely chopped
- 0.5 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 2 cloves garlic crushed
- 1 serving lime wedges

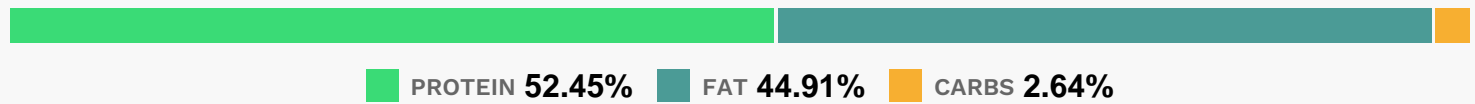
Equipment

- grill
- ziploc bags

Directions

- If fish steaks are large, cut into 6 serving pieces. In shallow glass or plastic dish or resealable food-storage plastic bag, mix remaining ingredients except lime wedges.
- Add fish; turn to coat. Cover dish or seal bag and refrigerate, turning fish once, at least 1 hour but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove fish from marinade; reserve marinade. Cover and grill fish about 4 inches from medium heat 11 to 15 minutes, brushing 2 or 3 times with marinade and turning once, until fish flakes easily with fork. Discard any remaining marinade.
- Serve fish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:28.60086977741%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 312.14kcal (15.61%), Fat: 15.17g (23.34%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.3g (0.33%), Cholesterol: 64.64mg (21.55%), Sodium: 357.73mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.87g (79.74%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.33µg (89.04%), Vitamin A: 3747.05IU (74.94%), Vitamin B3: 14.77mg (73.83%), Vitamin D: 9.7µg (64.64%), Phosphorus: 437.03mg (43.7%), Vitamin B6: 0.8mg (40.08%), Vitamin B1: 0.42mg (27.82%), Vitamin B2: 0.43mg (25.4%), Magnesium: 87.18mg (21.8%), Vitamin B5: 1.82mg (18.23%), Vitamin E: 2.31mg (15.42%), Potassium:

458.08mg (13.09%), Vitamin K: 12.67µg (12.07%), Iron: 1.79mg (9.95%), Copper: 0.16mg (7.89%), Zinc: 1.06mg (7.04%), Vitamin C: 5.18mg (6.27%), Manganese: 0.06mg (2.88%), Calcium: 18.96mg (1.9%), Folate: 5.16µg (1.29%)