



Grilled Marinated Tuna Steaks Rau

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 inch ginger fresh peeled chopped fine
- 1 tablespoon wine
- 1 pinch pepper dried red hot to taste
- 2 tablespoons soya sauce
- 3 garlic clove minced
- 1 tablespoon vegetable oil
- 2 spring onion chopped fine
- 2 tablespoons brown sugar packed

- 0.8 cup teriyaki sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 32 ounce equal sizes of swordfish

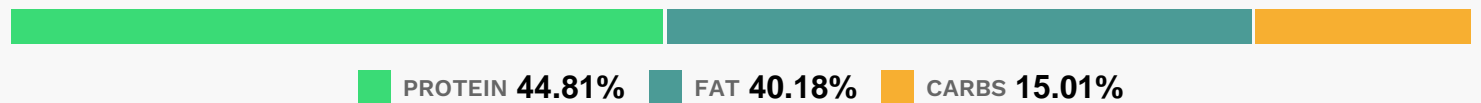
Equipment

- grill

Directions

- In a large shallow dish stir together all ingredients except fish until combined well and add fish. Marinate fish, covered and chilled, turning occasionally, at least 1 hour and up to
- Prepare grill.
- Grill fish on an oiled rack set 5 to 6 inches over glowing coals about 5 minutes on each side for medium-rare, or until desired doneness. (Alternatively, fish may be broiled.)

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:30.145217335742%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 452.28kcal (22.61%), Fat: 19.54g (30.06%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 16.42g (5.47%), Net Carbohydrates: 16.05g (5.83%), Sugar: 13.82g (15.35%), Cholesterol: 149.69mg (49.9%), Sodium: 2758.57mg (119.94%), Alcohol: 0.39g (100%), Alcohol %: 0.15% (100%), Protein: 49.03g (98.07%), Vitamin D: 31.52µg (210.16%), Selenium: 131.32µg (187.59%), Vitamin B3: 18.71mg (93.57%), Phosphorus: 680.6mg (68.06%), Vitamin B6: 1.34mg (67.14%), Vitamin B12: 3.86µg (64.26%), Vitamin E: 4.92mg (32.82%), Potassium: 1132.64mg (32.36%), Magnesium:

105.82mg (26.45%), Vitamin K: 19.12µg (18.21%), Vitamin B1: 0.2mg (13.34%), Iron: 2.19mg (12.17%), Zinc: 1.65mg (11.02%), Vitamin B2: 0.18mg (10.61%), Vitamin B5: 0.97mg (9.67%), Copper: 0.17mg (8.69%), Vitamin A: 339.59IU (6.79%), Manganese: 0.13mg (6.6%), Calcium: 40.95mg (4.1%), Folate: 14.68µg (3.67%), Vitamin C: 1.92mg (2.32%), Fiber: 0.37g (1.49%)