



 **98%**
HEALTH SCORE

Grilled Pacific Rim Tuna Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz ahi tuna steak
- 1 cup cherry tomatoes cut in half
- 0.3 teaspoon ground ginger
- 0.5 cup oat bran
- 18 inches pineapple fresh (2 cups)
- 0.5 cup pineapple juice
- 1 small onion red separated sliced
- 4 cups the salad mixed

- 1 tablespoon sesame oil
- 0.3 cup teriyaki sauce (from 12-oz bottle)

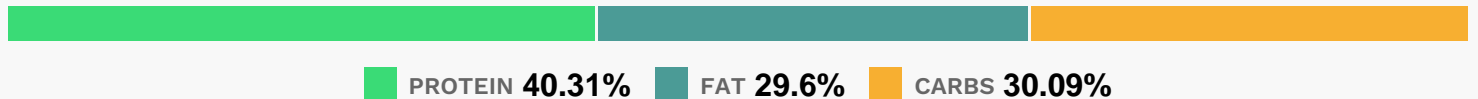
Equipment

- bowl
- whisk
- grill
- metal skewers

Directions

- Heat gas or charcoal grill. In small bowl, mix all dressing ingredients with wire whisk; reserve 2 tablespoons.
- On each of 2 (10-inch) metal skewers, thread pineapple, leaving 1/4-inch space between each piece.
- Brush 1 tablespoon of the reserved dressing on pineapple; brush remaining 1 tablespoon reserved dressing on tuna.
- Carefully spray grill rack with cooking spray.
- Place tuna on grill. Cover grill; cook over medium heat about 10 minutes, turning once and adding pineapple for last 5 minutes of grilling, until fish flakes easily with fork and is slightly pink in center.
- Among 4 plates, divide salad greens, tomatoes and onion. Top each with pineapple and tuna.
- Sprinkle with sesame sticks.
- Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:46.54, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:30.902173830115%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 293.03kcal (14.65%), Fat: 10.27g (15.79%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 23.47g (7.82%), Net Carbohydrates: 20.18g (7.34%), Sugar: 8.92g (9.91%), Cholesterol: 43.09mg (14.36%), Sodium: 750.56mg (32.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.91%), Vitamin B12: 10.69µg (178.22%), Selenium: 48.96µg (69.95%), Manganese: 1.29mg (64.56%), Vitamin A: 3120.73IU (62.41%), Vitamin B3: 10.76mg (53.8%), Phosphorus: 463.34mg (46.33%), Vitamin D: 6.46µg (43.09%), Vitamin B6: 0.7mg (34.81%), Vitamin B1: 0.52mg (34.56%), Vitamin C: 28.22mg (34.21%), Magnesium: 118.61mg (29.65%), Vitamin B2: 0.38mg (22.11%), Potassium: 653.78mg (18.68%), Iron: 2.99mg (16.59%), Vitamin B5: 1.63mg (16.27%), Copper: 0.27mg (13.41%), Fiber: 3.29g (13.17%), Folate: 43.76µg (10.94%), Vitamin E: 1.56mg (10.38%), Zinc: 1.4mg (9.32%), Calcium: 43.36mg (4.34%), Vitamin K: 2.28µg (2.17%)