



Grilled Teriyaki Tuna

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic minced
- 1 teaspoon ground pepper black
- 0.8 cup olive oil
- 1 cup teriyaki sauce
- 16 ounce fillets yellowfin tuna

Equipment

- grill
- ziploc bags

Directions

- In a large resealable plastic bag, combine the teriyaki sauce, oil, garlic, and pepper.
- Place the tuna fillets in the bag. Seal the bag with as little air in it as possible. Give the mix a good shake, to ensure the tuna fillets are well coated. Marinate for 30 minutes in the refrigerator.
- Meanwhile, preheat an outdoor grill for high heat, and lightly oil grate.
- Remove tuna from marinade, and place on grill. For rare tuna, grill for 3 to 5 minutes on each side. For medium, grill 5 to 8 minutes per side. For well done, grill for 8 to 10 minutes per side.

Nutrition Facts

PROTEIN 49.83% **FAT 30.27%** **CARBS 19.9%**

Properties

Glycemic Index:15.5, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:20.727826118469%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 266.5kcal (13.33%), Fat: 8.71g (13.39%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.59g (4.58%), Sugar: 10.2g (11.33%), Cholesterol: 44.23mg (14.74%), Sodium: 2809.57mg (122.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.49%), Selenium: 104.12µg (148.75%), Vitamin B3: 21.93mg (109.63%), Vitamin B6: 1.18mg (59.05%), Phosphorus: 433.04mg (43.3%), Vitamin B12: 2.36µg (39.31%), Magnesium: 85.46mg (21.37%), Potassium: 684.85mg (19.57%), Vitamin D: 1.93µg (12.85%), Iron: 2.26mg (12.55%), Vitamin B2: 0.19mg (10.95%), Vitamin B1: 0.16mg (10.93%), Vitamin E: 1.45mg (9.65%), Manganese: 0.14mg (7.16%), Copper: 0.13mg (6.57%), Vitamin K: 5.88µg (5.6%), Vitamin B5: 0.49mg (4.92%), Zinc: 0.54mg (3.63%), Calcium: 32.07mg (3.21%), Folate: 8.23µg (2.06%), Vitamin C: 1.25mg (1.51%), Vitamin A: 71.13IU (1.42%), Fiber: 0.28g (1.13%)