



WHATSheATE



HEALTH SCORE

100%

Grilled Thai-Spiced Tuna Steak



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



7 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



24 ounce sushi-grade tuna steaks ()



4 lime wedges



1 tablespoon olive oil



1 tablespoon curry paste red (such as Thai Kitchen)



0.5 teaspoon salt

Equipment

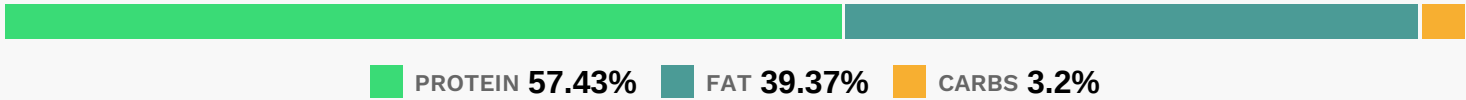


grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle fish with salt.
- ☐ Combine olive oil and curry paste; brush over fish.
- ☐ Place fish on a grill rack coated with cooking spray. Grill 2 minutes on each side or until desired degree of doneness.
- ☐ Serve with lime wedges.
- ☐ Serve with: Edamame and Roasted Red Pepper Salad

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.44, Inflammation Score:-10, Nutrition Score:28.650000204211%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 285.59kcal (14.28%), Fat: 12.14g (18.68%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.57g (0.63%), Cholesterol: 64.64mg (21.55%), Sodium: 357.52mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.87g (79.73%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.16µg (88.8%), Vitamin A: 4312.85IU (86.26%), Vitamin B3: 14.76mg (73.78%), Vitamin D: 9.7µg (64.64%), Phosphorus: 435.29mg (43.53%), Vitamin B6: 0.78mg (39.08%), Vitamin B1: 0.42mg (27.69%), Vitamin B2: 0.43mg (25.33%), Magnesium: 86.14mg (21.53%), Vitamin B5: 1.83mg (18.32%), Vitamin E: 2.24mg (14.96%), Potassium: 447.1mg (12.77%), Iron: 1.96mg (10.9%), Copper: 0.16mg (7.91%), Zinc: 1.04mg (6.94%), Vitamin C: 5.55mg (6.73%), Fiber: 0.64g (2.57%), Calcium: 25.01mg (2.5%), Vitamin K: 2.21µg (2.11%), Manganese: 0.03mg (1.39%), Folate: 4.84µg (1.21%)