



WHATSheATE



HEALTH SCORE

100%

Grilled Tropical Tuna Steaks



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



83 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



24 ounce tuna steaks



1 tablespoon cilantro leaves fresh chopped



1 teaspoon ginger fresh grated



0.3 cup hoisin sauce



2 tablespoons juice of lime



0.5 cup pineapple



1 teaspoon sesame oil

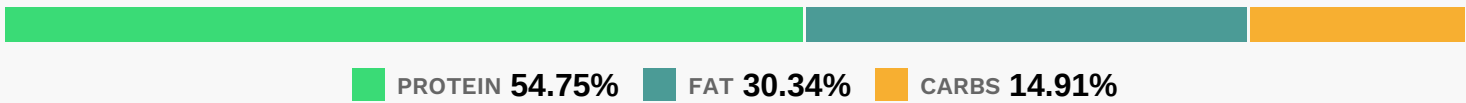
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare marinade, combine preserves, hoisin, lime juice, cilantro, ginger, and sesame oil in a small bowl. Stir well.
- ☐ Pour into a resealable plastic bag or glass bowl; toss tuna with marinade to coat. Refrigerate for 1 hour.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Remove tuna steaks from marinade, shake off excess, and discard remaining marinade. Cook on preheated grill for 4 to 5 minutes per side. Be careful not to overcook – the tuna should be lightly browned on the outside but still slightly pink in the middle.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.42, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:29.46043492141%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 304.2kcal (15.21%), Fat: 9.95g (15.31%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.19g (3.71%), Sugar: 6.86g (7.62%), Cholesterol: 65.15mg (21.72%), Sodium: 345.24mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.81%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.43µg (89.18%), Vitamin B3: 15.04mg (75.2%), Vitamin A: 3736.71IU (74.73%), Vitamin D: 9.7µg (64.64%), Phosphorus: 441.5mg (44.15%), Vitamin B6: 0.81mg (40.57%), Vitamin B1: 0.43mg (28.6%), Vitamin B2: 0.47mg (27.78%), Magnesium: 92.49mg (23.12%), Vitamin B5: 1.86mg (18.59%), Vitamin C: 12.23mg (14.82%), Potassium: 482.95mg (13.8%), Manganese: 0.26mg (13.16%), Vitamin E: 1.79mg (11.92%), Iron: 1.98mg (11%), Copper: 0.19mg (9.72%), Zinc: 1.11mg (7.39%), Fiber: 0.81g (3.25%), Folate: 11.93µg (2.98%), Calcium: 22.99mg (2.3%)