



## Grilled Tuna Kebabs



Gluten Free



Dairy Free



Popular

READY IN



95 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds sturgeon steaks
- ☐ 1 bell pepper red
- ☐ 1 bell pepper green
- ☐ 1 small onion sweet ( if available)
- ☐ 6 large button mushrooms
- ☐ 2 lemons cut into wedges
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 tablespoon onion chopped

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper black
- ☐ 2 garlic cloves

## Equipment

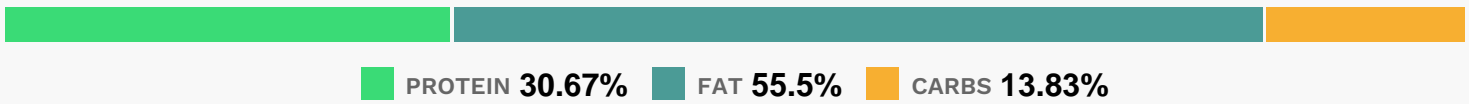
- ☐ food processor
- ☐ paper towels
- ☐ grill
- ☐ skewers
- ☐ tongs

## Directions

- ☐ Cut all the fish and veggies into similar-sized pieces; this helps everything lay flat when it is on the grill.
- ☐ Marinate the fish and vegetables: To make the marinade, purée the onion, rosemary, garlic, salt and pepper in a food processor.
- ☐ Drizzle in the olive oil while puréeing, continue to purée until smooth, about 1–2 minutes.
- ☐ Coat the fish and veggies in the marinade. Set in the fridge for at least an hour and up to overnight.
- ☐ Thread onto skewers: When skewering the fish and vegetables, pierce the fish against the grain, and select pieces of veggies that are close to the same size as your fish. This is important, because if the pieces are different widths, some things will be charred and others undercooked.
- ☐ You also want to be careful when loading up the skewers; it's easy to stab yourself by accident!
- ☐ Alternate pieces of fish with pieces of various veggies, leaving a little space between everything. Don't crowd the skewer, or the parts that are touching will cook too slowly.
- ☐ Note that by threading the skewers with assorted veggies and fish, some things will be cooked more or less than others, as some things take longer to cook than others.

- ☐ If you want all of your items to be cooked perfectly, use a separate skewer for the onions, one for the tuna, one for the bell peppers, etc.
- ☐ Put the onions and bell peppers down first because they take longer to cook.
- ☐ Grill on high, direct heat: Prepare the grill for high, direct heat. Clean the grates and wipe them down with a paper towel that has been dipped in vegetable oil.
- ☐ Lay the skewers on the grill.
- ☐ Don't move them until the fish pieces are well browned on one side, about 3–6 minutes.
- ☐ Then using tongs, carefully turn the skewers over and cook them until they are seared on the other side.
- ☐ Serve hot or at room temperature.
- ☐ Drizzle with lemon juice or serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:47.13, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:27.859565169915%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg, Luteolin: 2.66mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg, Quercetin: 14.4mg

## Nutrients (% of daily need)

Calories: 470.47kcal (23.52%), Fat: 29.99g (46.13%), Saturated Fat: 11.54g (72.12%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 12.82g (4.66%), Sugar: 8.38g (9.31%), Cholesterol: 103.76mg (34.59%), Sodium: 682.07mg (29.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Vitamin C: 96.26mg (116.68%), Selenium: 45.62µg (65.18%), Zinc: 9.19mg (61.29%), Vitamin B6: 1.05mg (52.28%), Vitamin B3: 10.2mg (50.98%), Vitamin B12: 2.84µg (47.29%), Vitamin B2: 0.61mg (35.91%), Phosphorus: 323.75mg (32.37%), Potassium: 873.55mg (24.96%), Iron: 4mg (22.2%), Vitamin A: 1095.99IU (21.92%), Vitamin B1: 0.27mg (18.13%), Copper: 0.35mg (17.26%), Fiber: 3.98g (15.93%), Magnesium: 58.91mg (14.73%), Folate: 54.18µg (13.55%), Manganese: 0.23mg (11.73%), Vitamin

E: 1.46mg (9.76%), Vitamin K: 10.16µg (9.68%), Vitamin B5: 0.85mg (8.47%), Calcium: 55.56mg (5.56%), Vitamin D: 0.24µg (1.59%)