



HEALTH SCORE

57%

Grilled Tuna Sandwiches



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon orange juice
- ☐ 1 teaspoon ground ginger grated
- ☐ 4 ahi tuna steak
- ☐ 3 tablespoons salad dressing
- ☐ 4 sandwich rolls split
- ☐ 1 serving romaine leaves

- ☐ 1 large tomatoes sliced
- ☐ 0.5 medium cucumber thinly sliced

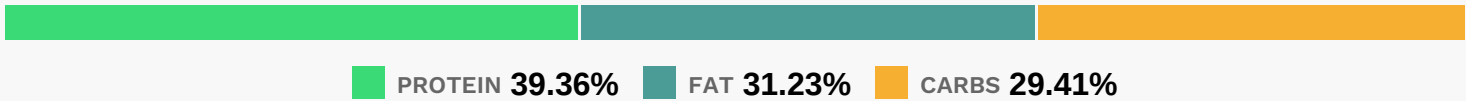
Equipment

- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In ungreased 8-inch square glass baking dish, mix all marinade ingredients; remove 1 tablespoon marinade and reserve.
- ☐ Add tuna to marinade; turn to coat. Cover and refrigerate at least 15 minutes but no longer than 2 hours.
- ☐ Spray grill rack with cooking spray.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove tuna from marinade; discard marinade. Cover and grill tuna over medium heat about 10 minutes, turning once, until fish flakes easily with fork.
- ☐ Mix reserved 1 tablespoon marinade and the mayonnaise; spread on cut sides of buns.
- ☐ Layer lettuce, tuna, tomato and cucumber in each bun.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:37.429565180903%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 488.16kcal (24.41%), Fat: 16.57g (25.49%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 32.86g (11.95%), Sugar: 4.27g (4.75%), Cholesterol: 64.6mg (21.53%), Sodium: 988.02mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.98g (93.95%), Vitamin B12: 16.03µg (267.18%), Selenium: 84.96µg (121.38%), Vitamin A: 4564.88IU (91.3%), Vitamin B3: 17.87mg (89.33%), Vitamin D: 9.69µg (64.6%), Phosphorus: 521.57mg (52.16%), Vitamin B1: 0.72mg (48.28%), Vitamin B6: 0.88mg (43.91%), Vitamin B2: 0.65mg (38.53%), Manganese: 0.59mg (29.56%), Magnesium: 114.85mg (28.71%), Iron: 4.19mg (23.25%), Vitamin B5: 2.17mg (21.71%), Potassium: 686.6mg (19.62%), Folate: 73.13µg (18.28%), Vitamin E: 2.72mg (18.14%), Vitamin K: 17.89µg (17.03%), Copper: 0.3mg (15.11%), Vitamin C: 10.29mg (12.47%), Zinc: 1.75mg (11.69%), Fiber: 2.24g (8.98%), Calcium: 82.18mg (8.22%)