



Grilled Tuna Skewers with Tomato-Black Olive Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds tuna steaks cut into 1-inch pieces ()
- ☐ 1 tablespoon pepper red crushed
- ☐ 4 large garlic cloves minced
- ☐ 2 tablespoons ground cumin
- ☐ 3 lemons cut into 8 wedges
- ☐ 4 servings tomato-black olive relish
- ☐ 0.3 cup oregano fresh chopped

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 small onions red cut into 8 (1-inch) pieces
- ☐ 0.5 teaspoon salt

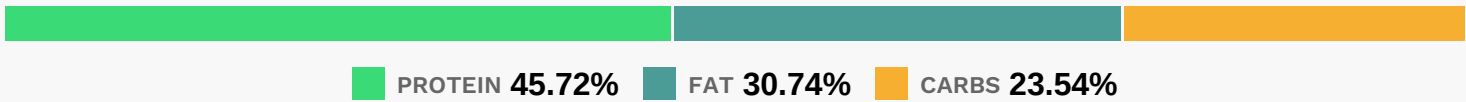
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine first 7 ingredients in a large zip-top plastic bag. Seal, and shake well.
- ☐ Remove tuna from bag; thread 4 tuna pieces, 3 red onion pieces, and 3 lemon wedges onto each of 8 (12-inch) skewers. Set tuna skewers aside.
- ☐ Prepare grill.
- ☐ Place skewers on grill rack coated with cooking spray, and grill 4 minutes on each side or until tuna is medium-rare or desired degree of doneness.
- ☐ Serve with Tomato-Black Olive Relish.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:40.466087133988%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 17.72mg, Quercetin: 17.72mg, Quercetin: 17.72mg, Quercetin: 17.72mg

Nutrients (% of daily need)

Calories: 362.7kcal (18.14%), Fat: 12.86g (19.79%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 15.04g (5.47%), Sugar: 6.04g (6.71%), Cholesterol: 64.64mg (21.55%), Sodium: 713.32mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.11%), Vitamin B12: 16.04µg (267.34%), Selenium: 64.18µg (91.68%), Vitamin A: 4511.38IU (90.23%), Vitamin B3: 15.52mg (77.61%), Vitamin D: 9.7µg (64.64%), Vitamin C: 50.31mg (60.98%), Vitamin B6: 1.08mg (53.91%), Phosphorus: 501.41mg (50.14%), Iron: 6.37mg (35.37%), Vitamin B1: 0.52mg (34.77%), Magnesium: 127.71mg (31.93%), Vitamin B2: 0.52mg (30.59%), Fiber: 7.14g (28.54%), Vitamin E: 4.2mg (27.99%), Manganese: 0.56mg (27.83%), Vitamin K: 28.01µg (26.68%), Potassium: 826.07mg (23.6%), Vitamin B5: 2.13mg (21.27%), Calcium: 168.62mg (16.86%), Copper: 0.31mg (15.73%), Zinc: 1.59mg (10.61%), Folate: 39.04µg (9.76%)