



 **66%**
HEALTH SCORE

Grilled Tuna Steak

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb tuna steaks
- 0.3 cup bull's-eye original barbecue sauce
- 0.5 cup cucumber chopped
- 1 green onion chopped
- 1 tsp ground ginger
- 1 Tbsp planters roasted peanuts dry chopped
- 1 Tbsp lite soy sauce

Equipment

grill

Directions

- Preheat greased grill to medium-high heat.
- Mix barbecue sauce and ginger; set aside.
- Mix cucumber, green onion, soy sauce and peanuts for topping; cover. Refrigerate until ready to use.
- Place tuna on grill. Grill 10 min. or until fish flakes easily with fork, turning after 5 min. and brushing occasionally with barbecue sauce mixture.
- Serve with cucumber mixture.

Nutrition Facts

 **PROTEIN 50.69%**  **FAT 28.61%**  **CARBS 20.7%**

Properties

Glycemic Index:15.5, Glycemic Load:0.11, Inflammation Score:-9, Nutrition Score:22.216086854105%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 226.12kcal (11.31%), Fat: 7.01g (10.78%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.69g (3.89%), Sugar: 8.43g (9.36%), Cholesterol: 43.09mg (14.36%), Sodium: 552.26mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Vitamin B12: 10.69µg (178.22%), Selenium: 42.25µg (60.36%), Vitamin B3: 10.56mg (52.79%), Vitamin A: 2570.88IU (51.42%), Vitamin D: 6.46µg (43.09%), Phosphorus: 313.08mg (31.31%), Vitamin B6: 0.57mg (28.38%), Vitamin B1: 0.29mg (19.48%), Vitamin B2: 0.32mg (18.65%), Magnesium: 69.61mg (17.4%), Manganese: 0.29mg (14.42%), Vitamin B5: 1.33mg (13.3%), Potassium: 403.28mg (11.52%), Vitamin E: 1.47mg (9.8%), Iron: 1.63mg (9.03%), Vitamin K: 7.84µg (7.47%), Copper: 0.15mg (7.4%), Zinc: 0.87mg (5.77%), Fiber: 0.72g (2.87%), Folate: 10.29µg (2.57%), Calcium: 24.29mg (2.43%), Vitamin C: 1.24mg (1.51%)