



Grilled Tuna Steaks with Cucumber–Pickled Ginger Relish



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 6 tablespoons pickled ginger coarsely chopped

- ☐ 6 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

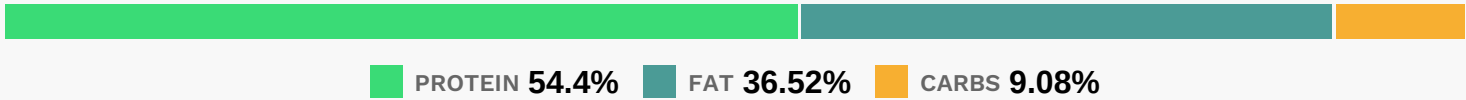
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Brush steaks with oil; sprinkle evenly with pepper and salt.
- ☐ Place fish on grill rack coated with cooking spray; grill 3 minutes on each side or until medium-rare or until desired degree of doneness.
- ☐ While fish cooks, combine cucumber and remaining 4 ingredients in a medium bowl, tossing well.
- ☐ Serve relish over fish.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:29.813913034356%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 305.97kcal (15.3%), Fat: 12.09g (18.59%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.73g (2.08%), Sugar: 1.58g (1.75%), Cholesterol: 64.64mg (21.55%), Sodium: 216.17mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.51g (81.02%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.37µg (89.1%), Vitamin A: 3761.88IU (75.24%), Vitamin B3: 14.93mg (74.66%), Vitamin D: 9.7µg (64.64%),

Phosphorus: 452.36mg (45.24%), Vitamin B6: 0.85mg (42.41%), Vitamin B1: 0.43mg (28.98%), Vitamin B2: 0.45mg (26.4%), Magnesium: 101.17mg (25.29%), Vitamin B5: 1.95mg (19.49%), Potassium: 600.64mg (17.16%), Vitamin E: 2.41mg (16.05%), Copper: 0.23mg (11.61%), Iron: 2.01mg (11.17%), Zinc: 1.19mg (7.92%), Manganese: 0.16mg (7.76%), Vitamin C: 5.07mg (6.14%), Vitamin K: 6.34µg (6.04%), Fiber: 1.03g (4.13%), Folate: 14.17µg (3.54%), Calcium: 27.5mg (2.75%)