



Grilled Tuna Steaks with Green Onions and Orange Butter

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon spring onion finely chopped (1 medium)
- ☐ 1 teaspoon orange zest grated
- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon celery salt
- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 lb ahi tuna steak

☐ 4 spring onion trimmed

Equipment

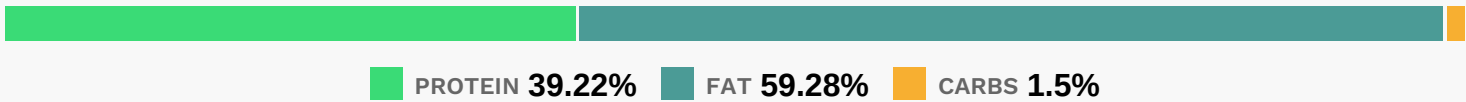
☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix butter, 1 tablespoon chopped green onion and the orange peel; set aside.
- ☐ In another small bowl, mix oil, celery salt and pepper.
- ☐ Brush oil mixture on both sides of tuna steaks and over whole green onions.
- ☐ Place tuna on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning once, until tuna flakes easily with fork and is slightly pink in center.
- ☐ Add onions to grill during last 5 minutes of grilling; turn occasionally. Cover tuna and let stand 5 minutes before serving.
- ☐ Serve tuna and onions with dollops of orange butter.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:26.33956510606%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 346.63kcal (17.33%), Fat: 22.49g (34.59%), Saturated Fat: 9.63g (60.21%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.32g (0.36%), Cholesterol: 84.37mg (28.12%), Sodium: 439.5mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.94%), Vitamin B12: 13.39µg (223.18%), Selenium: 51.98µg (74.26%), Vitamin A: 3586.96IU (71.74%), Vitamin B3: 12.35mg (61.76%), Vitamin D: 8.08µg (53.86%), Phosphorus: 368.94mg (36.89%), Vitamin B6: 0.66mg (32.76%), Vitamin K: 31.76µg (30.24%), Vitamin B1: 0.35mg (23.37%), Vitamin B2: 0.37mg (21.9%), Magnesium: 74.4mg (18.6%), Vitamin E: 2.4mg (16%), Vitamin B5: 1.53mg

(15.26%), Potassium: 402.35mg (11.5%), Iron: 1.7mg (9.45%), Copper: 0.14mg (6.86%), Zinc: 0.92mg (6.14%), Vitamin C: 3.22mg (3.9%), Manganese: 0.08mg (3.77%), Folate: 12.09µg (3.02%), Calcium: 26.6mg (2.66%), Fiber: 0.47g (1.87%)