



Grilled Tuna Steaks With Horseradish Sauce



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons horseradish prepared
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup worcestershire sauce
- ☐ 0.3 teaspoon worcestershire sauce

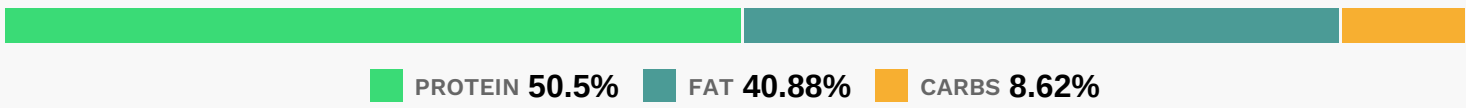
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add fish to bag; seal and marinate in refrigerator 1 hour, turning once.
- ☐ Combine sour cream and next 4 ingredients in a small bowl; set aside.
- ☐ Prepare grill.
- ☐ Remove fish from marinade, reserving marinade.
- ☐ Place fish on grill rack coated with cooking spray; grill 6 minutes on each side or until fish is medium-rare or desired degree of doneness, basting frequently with reserved marinade.
- ☐ Serve with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:30.528260593829%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.53kcal (16.93%), Fat: 14.98g (23.04%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 7.11g (2.37%),
Net Carbohydrates: 6.65g (2.42%), Sugar: 2.06g (2.28%), Cholesterol: 74.7mg (24.9%), Sodium: 912.45mg
(39.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.63g (83.26%), Vitamin B12: 16.16µg (269.35%),
Selenium: 63.62µg (90.88%), Vitamin A: 3831.88IU (76.64%), Vitamin B3: 15mg (75.01%), Vitamin D: 9.75µg
(65.02%), Phosphorus: 480.96mg (48.1%), Vitamin B6: 0.82mg (40.94%), Vitamin B2: 0.51mg (29.95%), Vitamin B1:
0.44mg (29.49%), Magnesium: 98.69mg (24.67%), Potassium: 679.54mg (19.42%), Vitamin B5: 1.84mg (18.39%),
Iron: 3.07mg (17.04%), Vitamin E: 2.44mg (16.24%), Copper: 0.2mg (10.13%), Calcium: 88.8mg (8.88%), Zinc: 1.32mg
(8.77%), Manganese: 0.15mg (7.35%), Vitamin K: 6µg (5.72%), Vitamin C: 3.49mg (4.23%), Folate: 13.87µg (3.47%),
Fiber: 0.45g (1.81%)