



Grilled Tuna Steaks with Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



41 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce ahi tuna steaks
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon fresh mint fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons soy sauce
- ☐ 1 cup orange juice fresh

- ☐ 0.5 pineapple cored peeled cut into 1/2-inch-thick rings
- ☐ 1 medium onion red peeled cut into 1/2-inch-thick slices
- ☐ 0.4 teaspoon salt divided
- ☐ 1 serrano chiles minced seeded

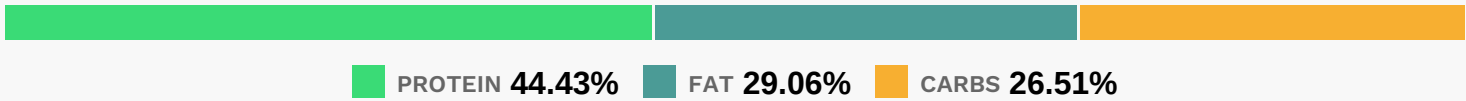
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Boil orange juice in a small saucepan 15 minutes or until reduced to 1/4 cup.
- ☐ Transfer to a small bowl; stir in soy sauce.
- ☐ Place pineapple and onion on a grill rack coated with cooking spray. Grill 5 minutes on each side or until the onion is tender.
- ☐ Remove from grill; let stand 5 minutes. Coarsely chop, and transfer to a bowl.
- ☐ Brush both sides of fish evenly with oil; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place fish on a grill rack coated with cooking spray; brush with half of juice mixture. Grill 3 minutes; turn fish over.
- ☐ Brush fish with remaining juice mixture; grill 3 minutes or until desired degree of doneness.
- ☐ Add the remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, basil, and next 3 ingredients (through serrano) to pineapple mixture; toss.
- ☐ Serve with fish; garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:11.64, Inflammation Score:0, Nutrition Score:39.233477965645%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 7.87mg, Hesperetin: 7.87mg, Hesperetin: 7.87mg, Hesperetin: 7.87mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 378.74kcal (18.94%), Fat: 12.18g (18.73%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.54g (8.2%), Sugar: 17.68g (19.65%), Cholesterol: 64.64mg (21.55%), Sodium: 575.88mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.89g (83.78%), Vitamin B12: 16.04µg (267.34%), Vitamin C: 89.48mg (108.47%), Selenium: 62.46µg (89.23%), Vitamin A: 4025.85IU (80.52%), Vitamin B3: 15.72mg (78.59%), Vitamin D: 9.7µg (64.64%), Manganese: 1.2mg (59.92%), Vitamin B6: 0.98mg (49.19%), Phosphorus: 475.69mg (47.57%), Vitamin B1: 0.57mg (38.28%), Vitamin B2: 0.51mg (30.26%), Magnesium: 116.2mg (29.05%), Vitamin B5: 2.23mg (22.27%), Potassium: 764.99mg (21.86%), Copper: 0.33mg (16.27%), Vitamin E: 2.43mg (16.18%), Iron: 2.48mg (13.77%), Folate: 53.96µg (13.49%), Fiber: 2.45g (9.8%), Zinc: 1.33mg (8.85%), Vitamin K: 8.01µg (7.63%), Calcium: 50.05mg (5%)