



Grilled Tuna Steaks with Spiced Soy Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds tuna steaks 1-inch-thick
- ☐ 0.5 teaspoon five spice chinese
- ☐ 4 teaspoons sriracha
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons blackstrap molasses
- ☐ 2 tablespoons soya sauce

Equipment

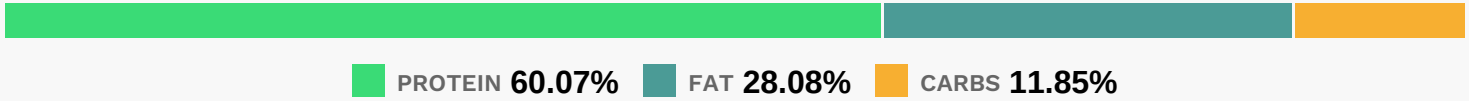
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk together first 5 ingredients in a small bowl; divide marinade in half, and set one half aside.
- ☐ Pour other half of marinade into a large, heavy-duty zip-top plastic bag; add tuna. Seal; chill up to 2 hours.
- ☐ Remove tuna from marinade, discarding marinade. Grill tuna, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 3 to 4 minutes on each side or to desired degree of doneness.
- ☐ Place reserved marinade in a small saucepan; bring to a boil. Boil 4 minutes or until reduced to 1/4 cup. Spoon glaze over tuna steaks.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:36.446956524382%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 372.25kcal (18.61%), Fat: 11.22g (17.26%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 10.24g (3.72%), Sugar: 8.75g (9.72%), Cholesterol: 86.18mg (28.73%), Sodium: 840.92mg (36.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.01g (108.02%), Vitamin B12: 21.39µg (356.45%), Selenium: 84.67µg (120.96%), Vitamin B3: 20.11mg (100.56%), Vitamin A: 4960.08IU (99.2%), Vitamin D: 12.93µg (86.18%), Phosphorus: 595.18mg (59.52%), Vitamin B6: 1.13mg (56.3%), Vitamin B1: 0.56mg (37.43%), Magnesium: 143.26mg (35.81%), Vitamin B2: 0.59mg (34.52%), Vitamin B5: 2.53mg (25.27%), Potassium: 761.51mg (21.76%), Iron:

3.2mg (17.77%), Vitamin E: 2.3mg (15.34%), Copper: 0.26mg (13.23%), Manganese: 0.25mg (12.31%), Zinc: 1.47mg (9.78%), Vitamin C: 4.64mg (5.63%), Calcium: 45.79mg (4.58%), Folate: 7.72µg (1.93%), Fiber: 0.41g (1.63%)