



Grilled Tuna with Cilantro Butter

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce tuna steaks (3/)
- ☐ 0.5 cup firmly brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup sesame oil dark
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons garlic minced

- ☐ 2 tablespoons gingerroot divided minced peeled
- ☐ 2 tablespoons green onions minced
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ wax paper

Directions

- ☐ Position knife blade in food processor bowl; add butter, 1/4 cup cilantro, 2 teaspoons gingerroot, and garlic. Process until smooth. Shape mixture into a log. Wrap in wax paper, and chill until firm.
- ☐ Place tuna steaks in a shallow dish.
- ☐ Combine remaining 2 tablespoons gingerroot, brown sugar, and next 6 ingredients in a medium bowl; pour over tuna steaks. Cover and marinate in refrigerator 30 minutes, turning once.
- ☐ Remove tuna steaks from marinade, reserving marinade.
- ☐ Place grill rack on grill over medium-hot coals (350 to 400).
- ☐ Place tuna on rack; grill, covered, 4 to 6 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with reserved marinade.
- ☐ Transfer tuna to serving plates.
- ☐ Divide chilled butter mixture into 6 pieces; place 1 piece of butter mixture on each tuna steak.
- ☐ Garnish with fresh cilantro sprigs, if desired.

Nutrition Facts



 PROTEIN **28.99%**  FAT **50.68%**  CARBS **20.33%**

Properties

Glycemic Index:34, Glycemic Load:0.37, Inflammation Score:-9, Nutrition Score:22.241304459779%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 397.8kcal (19.89%), Fat: 22.37g (34.42%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 19.86g (7.22%), Sugar: 18.23g (20.26%), Cholesterol: 63.43mg (21.14%), Sodium: 1193.67mg (51.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.58%), Vitamin B12: 10.71µg (178.49%), Selenium: 42.12µg (60.18%), Vitamin A: 2801.61IU (56.03%), Vitamin B3: 10.66mg (53.29%), Vitamin D: 6.46µg (43.09%), Phosphorus: 320.57mg (32.06%), Vitamin B6: 0.59mg (29.44%), Vitamin B1: 0.29mg (19.37%), Vitamin B2: 0.32mg (19.01%), Magnesium: 68.54mg (17.14%), Vitamin B5: 1.32mg (13.22%), Potassium: 379.72mg (10.85%), Vitamin E: 1.55mg (10.32%), Iron: 1.84mg (10.25%), Manganese: 0.16mg (8.15%), Vitamin K: 8.22µg (7.83%), Copper: 0.15mg (7.46%), Zinc: 0.82mg (5.46%), Calcium: 36.27mg (3.63%), Folate: 8.23µg (2.06%), Vitamin C: 1.14mg (1.38%), Fiber: 0.33g (1.33%)