



HEALTH SCORE

66%

## Grilled Tuna with Fennel-Orange Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



12 ounce tuna steaks



4 servings fennel-orange relish



0.5 teaspoon coarsely ground pepper black



0.5 teaspoon salt

### Equipment



grill

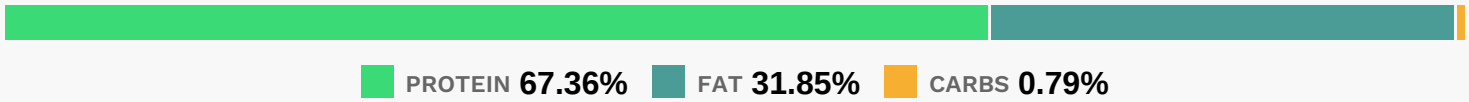


cutting board

# Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Sprinkle tuna steaks with salt and pepper. Grill on greased grill racks 2 minutes on each side or until desired degree of doneness.
- ☐ Transfer tuna to a cutting board, and cut each steak across the grain into 1/2-inch slices. Spoon Fennel-Orange Relish over tuna, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:15.980869507012%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg

## Nutrients (% of daily need)

Calories: 123.41kcal (6.17%), Fat: 4.18g (6.43%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.04g (0.05%), Cholesterol: 32.32mg (10.77%), Sodium: 324.42mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin B12: 8.02µg (133.67%), Selenium: 31.06µg (44.38%), Vitamin A: 1859.32IU (37.19%), Vitamin B3: 7.37mg (36.85%), Vitamin D: 4.85µg (32.32%), Phosphorus: 216.92mg (21.69%), Vitamin B6: 0.39mg (19.41%), Vitamin B1: 0.21mg (13.69%), Vitamin B2: 0.21mg (12.6%), Magnesium: 43.13mg (10.78%), Vitamin B5: 0.9mg (9.02%), Potassium: 221.84mg (6.34%), Vitamin E: 0.86mg (5.73%), Iron: 0.9mg (5.01%), Copper: 0.08mg (3.87%), Zinc: 0.52mg (3.44%), Manganese: 0.05mg (2.36%)