



Grilled Tuna with Papaya Chutney



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce tuna steaks (3/)
- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 cups papaya diced peeled
- ☐ 1 Dash salt

☐ 0.3 cup water

Equipment

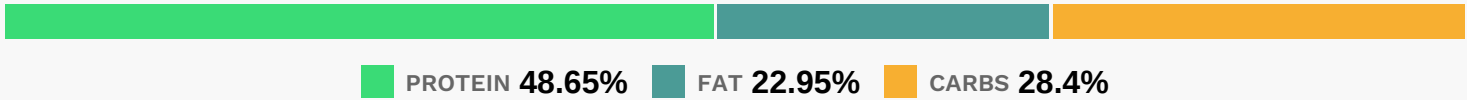
☐ sauce pan

☐ grill

Directions

- ☐ Place the tuna steaks in a shallow dish.
- ☐ Drizzle the soy sauce over both sides of fish; cover and marinate in refrigerator 30 minutes.
- ☐ Combine diced papaya and the next 6 ingredients (papaya through salt) in a small saucepan, and bring the mixture to a boil. Cover, reduce heat, and simmer papaya mixture 20 minutes or until the papaya is tender.
- ☐ Remove the chutney from heat, and keep warm.
- ☐ Prepare grill.
- ☐ Place tuna on a grill rack coated with cooking spray, and grill for 4 minutes on each side or until tuna is medium-rare or desired degree of doneness.
- ☐ Serve tuna steaks with papaya chutney.

Nutrition Facts



Properties

Glycemic Index:27.57, Glycemic Load:10.12, Inflammation Score:-10, Nutrition Score:33.013043538384%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 8.6g (13.22%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 22.19g (8.07%), Sugar: 18.66g (20.73%), Cholesterol: 64.64mg (21.55%), Sodium: 276.76mg

(12.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.99g (81.99%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.76µg (89.65%), Vitamin A: 4378.27IU (87.57%), Vitamin B3: 15.19mg (75.95%), Vitamin D: 9.7µg (64.64%), Vitamin C: 43.02mg (52.14%), Phosphorus: 464.93mg (46.49%), Vitamin B6: 0.85mg (42.54%), Vitamin B1: 0.43mg (28.61%), Vitamin B2: 0.48mg (28.35%), Magnesium: 110.17mg (27.54%), Potassium: 688.35mg (19.67%), Vitamin B5: 1.97mg (19.67%), Iron: 2.36mg (13.12%), Vitamin E: 1.95mg (12.98%), Copper: 0.23mg (11.61%), Manganese: 0.19mg (9.5%), Folate: 32.07µg (8.02%), Zinc: 1.18mg (7.85%), Fiber: 1.73g (6.94%), Calcium: 43.25mg (4.32%), Vitamin K: 2.24µg (2.14%)