



HEALTH SCORE

100%

## Grilled Tuna with Rain Forest Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 36 ounce tuna steaks ( 3/)
- ☐ 1 cup all-natural apricot nectar
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup cranberry juice cocktail
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 cup green onions thinly sliced
- ☐ 1 teaspoon habanero pepper seeded chopped
- ☐ 0.5 teaspoon lemon rind grated

- ☐ 2 tablespoons juice of lime
- ☐ 0.5 teaspoon orange rind  grated
- ☐ 1 cup pineapple juice
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

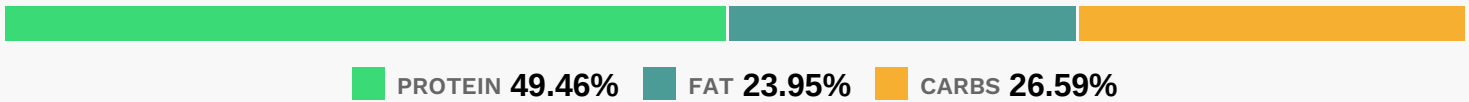
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine first 10 ingredients in a large saucepan. Bring to a boil, and cook until reduced to 1 1/2 cups (about 15 minutes); remove from heat.
- ☐ Combine cornstarch and water in a small bowl; stir well with a whisk.
- ☐ Add to pan. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Remove from heat; stir in onions.
- ☐ Prepare grill.
- ☐ Place tuna on grill rack coated with cooking spray; grill 3 minutes on each side or until medium-rare or desired degree of doneness, basting frequently with glaze.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:33.756086971449%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 332.85kcal (16.64%), Fat: 8.67g (13.34%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 20.99g (7.63%), Sugar: 16.84g (18.71%), Cholesterol: 64.64mg (21.55%), Sodium: 268.38mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.27g (80.53%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.38µg (89.11%), Vitamin A: 4446.36IU (88.93%), Vitamin B3: 14.99mg (74.97%), Vitamin D: 9.7µg (64.64%), Vitamin C: 40.51mg (49.1%), Phosphorus: 445.55mg (44.56%), Vitamin B6: 0.85mg (42.37%), Vitamin K: 35.69µg (33.99%), Vitamin B1: 0.47mg (31.3%), Vitamin B2: 0.46mg (26.9%), Magnesium: 96.84mg (24.21%), Vitamin B5: 1.9mg (19.01%), Potassium: 573.79mg (16.39%), Manganese: 0.29mg (14.52%), Vitamin E: 2.09mg (13.9%), Iron: 2.22mg (12.33%), Copper: 0.21mg (10.31%), Zinc: 1.17mg (7.78%), Folate: 22.46µg (5.61%), Calcium: 38.32mg (3.83%), Fiber: 0.66g (2.63%)