



Grilled Yellowfin Tuna with Marinade

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons dijon mustard
- 1 clove garlic crushed
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon zest grated
- 4 wedges lemon for garnish
- 0.3 cup soya sauce
- 0.5 cup vegetable oil
- 24 ounce yellowfin tuna steaks

Equipment

- bowl
- sauce pan
- whisk
- plastic wrap
- grill

Directions

- Prick tuna steaks all over with a fork and place in shallow glass dish.
- Whisk oil, soy sauce, lemon juice, Dijon mustard, lemon peel, and garlic together in a bowl; pour over the tuna steaks. Cover dish with plastic wrap and refrigerate 1 to 3 hours.
- Preheat grill for medium heat and lightly oil the grate.
- Remove tuna from the marinade. Shake excess moisture from the steaks.
- Pour the marinade into a small saucepan and bring to a boil. Reduce heat to medium-low and cook marinade at a simmer for 10 minutes.
- Cook tuna on preheated grill, basting with boiled marinade, until cooked through, 5 to 6 minutes per side.
- Serve with lemon wedges.

Nutrition Facts



PROTEIN 69.98% **FAT 23.23%** **CARBS 6.79%**

Properties

Glycemic Index:25.63, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:24.493043422699%

Flavonoids

Eriodictyol: 4.59mg, Eriodictyol: 4.59mg, Eriodictyol: 4.59mg, Eriodictyol: 4.59mg Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg, Hesperetin: 7.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 256.64kcal (12.83%), Fat: 6.48g (9.97%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.39g (1.23%), Sugar: 1.23g (1.36%), Cholesterol: 66.34mg (22.11%), Sodium: 1184.67mg (51.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.95g (87.9%), Selenium: 155.31µg (221.87%), Vitamin B3: 32.28mg (161.42%), Vitamin B6: 1.66mg (82.95%), Vitamin B12: 3.54µg (58.97%), Phosphorus: 506.01mg (50.6%), Potassium: 839.22mg (23.98%), Vitamin C: 16.33mg (19.79%), Vitamin D: 2.89µg (19.28%), Magnesium: 71.08mg (17.77%), Vitamin B1: 0.23mg (15.3%), Vitamin B2: 0.23mg (13.75%), Iron: 1.95mg (10.82%), Vitamin K: 10.24µg (9.76%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.62mg (6.17%), Vitamin E: 0.91mg (6.1%), Zinc: 0.76mg (5.05%), Copper: 0.1mg (5.05%), Fiber: 0.88g (3.52%), Folate: 12.17µg (3.04%), Vitamin A: 109.03IU (2.18%), Calcium: 19.87mg (1.99%)