



HEALTH SCORE

79%

Hoisin and Bourbon-Glazed Tuna



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce tuna steaks
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 0.5 teaspoon chile paste with garlic
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.3 cup hoisin sauce
- ☐ 1.5 teaspoons juice of lime fresh

- ☐ 2 tablespoons maple syrup
- ☐ 1 cup hickory wood chips
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons seasoned rice vinegar

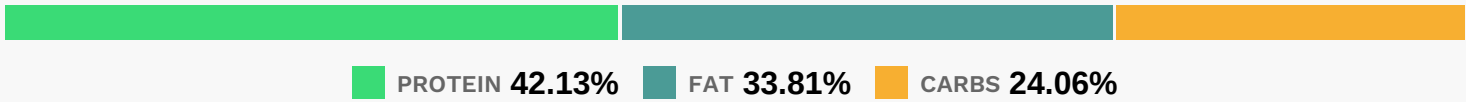
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Soak wood chips in water 30 minutes; drain well.
- ☐ Prepare grill.
- ☐ Combine hoisin sauce and next 7 ingredients (hoisin through garlic) in a small bowl; stir with a whisk.
- ☐ Sprinkle tuna steaks with salt and pepper.
- ☐ Add wood chips to grill.
- ☐ Place tuna steaks on grill rack coated with cooking spray; cook 5 minutes. Turn and baste tuna with hoisin mixture; cook 5 minutes. Turn and baste tuna with hoisin mixture; cook 2 minutes or until tuna flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:40.47, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:30.536086462114%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 413.58kcal (20.68%), Fat: 14.76g (22.7%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 23.63g (7.88%),
Net Carbohydrates: 21.39g (7.78%), Sugar: 8.24g (9.16%), Cholesterol: 65.1mg (21.7%), Sodium: 604.97mg (26.3%),
Alcohol: 1.67g (100%), Alcohol %: 0.86% (100%), Protein: 41.37g (82.73%), Vitamin B12: 16.04µg (267.34%), Selenium:
62.67µg (89.52%), Vitamin B3: 15.8mg (79.02%), Vitamin A: 3715.86IU (74.32%), Vitamin D: 9.7µg (64.64%),
Phosphorus: 470.02mg (47%), Vitamin B6: 0.86mg (43.14%), Vitamin B2: 0.56mg (32.85%), Vitamin B1: 0.45mg
(29.75%), Magnesium: 97.83mg (24.46%), Vitamin B5: 2.02mg (20.22%), Potassium: 639.24mg (18.26%),
Manganese: 0.33mg (16.31%), Iron: 2.44mg (13.56%), Vitamin E: 1.75mg (11.66%), Copper: 0.18mg (9.2%), Fiber: 2.24g
(8.96%), Zinc: 1.26mg (8.39%), Folate: 15.83µg (3.96%), Vitamin C: 3.17mg (3.84%), Calcium: 31.12mg (3.11%)