



Korean Marinating Sauce

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



283 kcal

SAUCE

Ingredients

- 16 ounce albacore tuna steaks
- 1 teaspoon ginger root fresh chopped
- 1 clove garlic minced
- 1 green onion sliced
- 6 tablespoons splenda® no calorie sweetener divided
- 4 servings salt and pepper to taste
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed

0.5 cup soya sauce

Equipment

bowl

frying pan

baking sheet

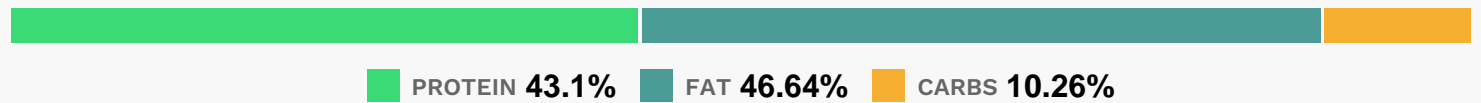
oven

broiler

Directions

- Rub the albacore steaks with 4 tablespoons SLENDA® Granulated Sweetener. Allow to sit 30 minutes in the refrigerator.
- In a skillet over medium heat, toast the sesame seeds 5 minutes, or until lightly browned.
- In a shallow bowl, mix the remaining SLENDA® Granulated Sweetener, toasted sesame seeds, green onion, garlic, ginger, soy sauce, sesame oil, salt, and pepper.
- Place the albacore steaks in the mixture, and marinate 2 hours in the refrigerator.
- Preheat the oven broiler.
- Discard marinade, and place the albacore steaks on a baking sheet. Broil to desired doneness in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:23.596087134403%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 283.09kcal (14.15%), Fat: 14.59g (22.44%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.41g (2.33%), Sugar: 4.2g (4.67%), Cholesterol: 43.09mg (14.36%), Sodium: 1859.07mg (80.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.65%), Vitamin B12: 10.69µg (178.22%), Selenium: 43.13µg (61.61%), Vitamin B3: 11.16mg (55.82%), Vitamin A: 2505.82IU (50.12%), Vitamin D: 6.46µg (43.09%), Phosphorus: 353.32mg (35.33%), Vitamin B6: 0.62mg (30.87%), Vitamin B1: 0.33mg (21.69%), Magnesium: 83.35mg (20.84%), Vitamin B2: 0.34mg (20.12%), Copper: 0.31mg (15.3%), Manganese: 0.28mg (13.96%), Iron: 2.49mg (13.84%), Vitamin B5: 1.31mg (13.14%), Potassium: 379.55mg (10.84%), Vitamin E: 1.26mg (8.4%), Zinc: 1.14mg (7.58%), Vitamin K: 7.18µg (6.83%), Calcium: 57.59mg (5.76%), Folate: 13.37µg (3.34%), Fiber: 0.81g (3.23%)