



Lemon-Pepper Tuna Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



29 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking wine dry white
- 16 small mushrooms fresh
- 1 teaspoon ground pepper
- 1 pound halibut steaks cut into 1-inch pieces
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon rind grated
- 2 teaspoons olive oil
- 1 small purple onion cut into eighths

- 1 small bell pepper sweet red cut into 1-inch pieces
- 2 small baby squash yellow cut into 1-inch pieces

Equipment

- sauce pan
- oven
- ziploc bags
- broiler pan
- metal skewers

Directions

- Combine first 5 ingredients in heavy-duty, zip-top plastic bag; add fish and vegetables. Seal bag; turn bag to coat fish. Marinate in refrigerator 10 minutes.
- Remove fish and vegetables from marinade.
- Place marinade in a small saucepan; bring to a boil, and set aside.
- Thread vegetables onto 2 (12-inch) metal skewers.
- Place vegetable kabobs on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 minutes.
- While vegetables broil, thread fish on 2 (12-inch) metal skewers.
- Add fish kabobs to rack. Broil 6 to 8 additional minutes or until vegetables are crisp-tender and fish flakes easily when tested with a fork, brushing occasionally with marinade.
- Remove fish and vegetables from kabobs.
- Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:21.130869751391%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 184.6kcal (9.23%), Fat: 3.89g (5.98%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 7.09g (2.58%), Sugar: 4.75g (5.28%), Cholesterol: 55.57mg (18.52%), Sodium: 83.98mg (3.65%), Alcohol: 3.09g (100%), Alcohol %: 1.28% (100%), Protein: 23.67g (47.34%), Selenium: 55.78µg (79.69%), Vitamin C: 43.78mg (53.06%), Vitamin B3: 9.38mg (46.91%), Vitamin B6: 0.9mg (45.18%), Vitamin D: 5.41µg (36.06%), Phosphorus: 344.75mg (34.48%), Potassium: 899.52mg (25.7%), Vitamin B12: 1.26µg (21.06%), Vitamin B2: 0.31mg (18.25%), Vitamin A: 777.91IU (15.56%), Manganese: 0.29mg (14.57%), Folate: 54.82µg (13.7%), Magnesium: 49.6mg (12.4%), Vitamin B5: 1.22mg (12.15%), Copper: 0.21mg (10.42%), Vitamin B1: 0.15mg (9.76%), Vitamin E: 1.38mg (9.22%), Fiber: 2.18g (8.73%), Zinc: 0.93mg (6.22%), Iron: 0.89mg (4.92%), Vitamin K: 4.93µg (4.69%), Calcium: 32.8mg (3.28%)