




 **67%**
HEALTH SCORE

Marinated Tuna Steak


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

READY IN




51 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 16 ounce tuna steaks
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 0.5 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 0.3 cup orange juice
- 0.5 teaspoon oregano fresh chopped

0.3 cup soya sauce

Equipment

grill

Directions

- In a large non-reactive dish, mix together the orange juice, soy sauce, olive oil, lemon juice, parsley, garlic, oregano, and pepper.
- Place the tuna steaks in the marinade and turn to coat. Cover, and refrigerate for at least 30 minutes.
- Preheat grill for high heat.
- Lightly oil grill grate. Cook the tuna steaks for 5 to 6 minutes, then turn and baste with the marinade. Cook for an additional 5 minutes, or to desired doneness. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:23.963913238567%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 244.8kcal (12.24%), Fat: 12.65g (19.46%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.68g (1.87%), Cholesterol: 43.09mg (14.36%), Sodium: 855.89mg (37.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.51%), Vitamin B12: 10.69µg (178.22%), Selenium: 41.66µg (59.51%), Vitamin A: 2680.87IU (53.62%), Vitamin B3: 10.5mg (52.49%), Vitamin D: 6.46µg (43.09%), Vitamin K: 39.01µg (37.15%), Phosphorus: 312.89mg (31.29%), Vitamin B6: 0.57mg (28.37%), Vitamin B1: 0.3mg

(20.04%), Vitamin B2: 0.32mg (18.61%), Magnesium: 66.72mg (16.68%), Vitamin E: 2.22mg (14.78%), Vitamin C: 12.1mg (14.67%), Vitamin B5: 1.3mg (13.02%), Potassium: 372mg (10.63%), Iron: 1.83mg (10.16%), Manganese: 0.15mg (7.6%), Copper: 0.13mg (6.73%), Zinc: 0.79mg (5.28%), Folate: 13.98µg (3.49%), Calcium: 23.19mg (2.32%), Fiber: 0.41g (1.64%)