



Miso-Glazed Tuna Kebabs



Gluten Free



Dairy Free

READY IN



4500 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds tuna steak cut into 1-inch cubes
- ☐ 6 servings zucchini and snow-pea salad
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup mirin sweet (Japanese rice wine)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water
- ☐ 1 cup miso white (also called shiro miso)

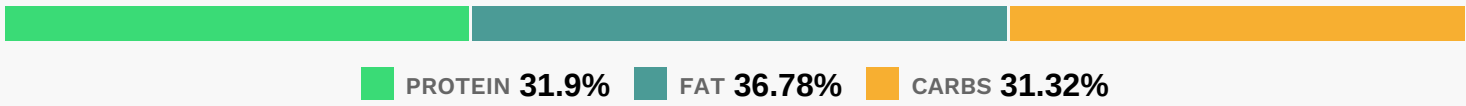
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Heat miso, mirin, sugar, and water in a small saucepan over medium heat, stirring, until sugar has dissolved.
- ☐ Remove from heat and whisk in mayonnaise, then cool to room temperature.
- ☐ Put tuna in a sealable bag (or nonreactive shallow dish).
- ☐ Pour marinade over tuna and marinate, chilled, at least 1 hour.
- ☐ Prepare grill for direct-heat cooking over hot charcoal (high heat for gas).
- ☐ Thread tuna onto skewers, leaving a small space between each piece. Put on a tray.
- ☐ Generously oil grill rack, then grill skewers, turning once, until just pink in center, about 4 minutes total.
- ☐ Let stand 5 minutes.
- ☐ Per serving: 372 calories, 7g fat (1g saturated), 103mg cholesterol, 1091mg sodium, 20g carbohydrates, 1g fiber, 55g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:39.049565041843%

Nutrients (% of daily need)

Calories: 626.13kcal (31.31%), Fat: 24.64g (37.9%), Saturated Fat: 4.67g (29.19%), Carbohydrates: 47.2g (15.73%), Net Carbohydrates: 39.14g (14.23%), Sugar: 22.42g (24.91%), Cholesterol: 65.29mg (21.77%), Sodium: 1891.58mg (82.24%), Alcohol: 3.22g (100%), Alcohol %: 1.17% (100%), Protein: 48.07g (96.14%), Vitamin B12: 14.32µg (238.62%),

Selenium: 61.35µg (87.65%), Vitamin B3: 13.93mg (69.63%), Vitamin A: 3365.55IU (67.31%), Phosphorus: 596.2mg (59.62%), Vitamin D: 8.66µg (57.7%), Folate: 191.55µg (47.89%), Vitamin B6: 0.87mg (43.33%), Vitamin K: 45.32µg (43.16%), Manganese: 0.83mg (41.34%), Vitamin B1: 0.58mg (38.99%), Magnesium: 144.66mg (36.17%), Fiber: 8.06g (32.26%), Vitamin B2: 0.54mg (31.78%), Copper: 0.56mg (28.06%), Iron: 4.91mg (27.28%), Zinc: 3.22mg (21.5%), Vitamin B5: 2.13mg (21.34%), Potassium: 725.41mg (20.73%), Vitamin E: 2.37mg (15.8%), Calcium: 61.82mg (6.18%)