



HEALTH SCORE

56%

Oak-Planked Peppercorn Tuna Steaks with Orange Mayonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce ahi tuna steak ()
- ☐ 15 cedar plank
- ☐ 2 teaspoons chives fresh chopped
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon orange zest grated
- ☐ 2 tablespoons peppercorns mixed crushed

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0.5 teaspoon salt

Equipment

☐

whisk

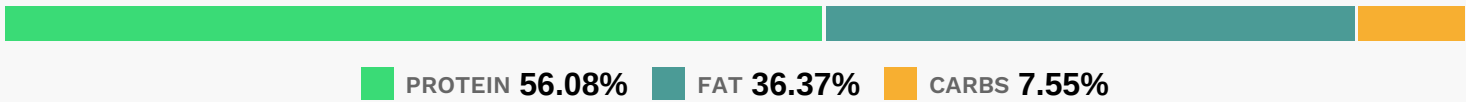
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grill

Directions

- ☐
- Immerse and soak plank in water for 1 hour; drain.
- ☐
- Prepare grill, heating one side to medium and one side to high heat.
- ☐
- Combine mayonnaise, rind, juice, and chives; stir well with a whisk. Chill.
- ☐
- Lightly coat top of tuna with cooking spray.
- ☐
- Sprinkle the tuna with salt; firmly press peppercorns into tuna.
- ☐
- Place plank on grill rack over high heat; grill 5 minutes or until lightly charred. Carefully turn plank over; move to medium heat.
- ☐
- Place tuna on charred side of plank. Cover and grill 10 minutes or until desired degree of doneness.
- ☐
- Serve tuna with orange mayonnaise.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:30.894347947577%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 294.91kcal (14.75%), Fat: 11.63g (17.89%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.25g (1.39%), Cholesterol: 66.88mg (22.29%), Sodium: 473.91mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.33g (80.67%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.71µg (89.58%), Vitamin A: 3789.66IU (75.79%), Vitamin B3: 14.82mg (74.09%), Vitamin D: 9.7µg (64.64%), Phosphorus: 443.81mg (44.38%), Vitamin B6: 0.79mg (39.65%), Manganese: 0.67mg (33.4%), Vitamin B1: 0.42mg (28.31%), Vitamin B2: 0.44mg (25.83%), Magnesium: 95.06mg (23.76%), Vitamin B5: 1.89mg (18.89%), Vitamin K: 16.78µg (15.98%), Potassium: 518.24mg (14.81%), Vitamin E: 2.06mg (13.76%), Iron: 2.27mg (12.6%), Copper: 0.22mg (11.02%), Zinc: 1.1mg (7.32%), Vitamin C: 4.71mg (5.71%), Fiber: 1.31g (5.23%), Calcium: 38.37mg (3.84%), Folate: 7.92µg (1.98%)