



Old Bay® Grilled Lime Tuna Steak

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound tuna steaks
- 2 teaspoons cilantro leaves mccormick®
- 2 juice of lime juiced
- 0.3 cup olive oil
- 4 teaspoons penzey's southwest seasoning old bay®

Equipment

- grill

Directions

- Combine first 4 ingredients in a shallow dish; add fish. Turn to coat. Marinate 20 minutes, turning occasionally.
- Grill or broil 8–10 minutes per inch of thickness or until fish flakes easily with a fork. Baste with marinade halfway through cooking. Discard leftover marinade.

Nutrition Facts

PROTEIN 35.95% **FAT 57.83%** **CARBS 6.22%**

Properties

Glycemic Index:9.25, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:24.975652197133%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 299.46kcal (14.97%), Fat: 19.28g (29.66%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.46g (0.51%), Cholesterol: 43.09mg (14.36%), Sodium: 46.05mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.96g (53.93%), Vitamin B12: 10.69µg (178.22%), Selenium: 41.63µg (59.47%), Vitamin A: 2570.2IU (51.4%), Vitamin B3: 10.06mg (50.32%), Vitamin D: 6.46µg (43.09%), Vitamin K: 39.02µg (37.16%), Phosphorus: 297.45mg (29.74%), Vitamin B6: 0.57mg (28.66%), Vitamin E: 4.01mg (26.75%), Vitamin B1: 0.29mg (19.05%), Vitamin B2: 0.31mg (18.41%), Magnesium: 71.22mg (17.81%), Iron: 3.06mg (17%), Manganese: 0.27mg (13.29%), Vitamin B5: 1.26mg (12.59%), Potassium: 365.81mg (10.45%), Calcium: 90.06mg (9.01%), Fiber: 2.16g (8.62%), Copper: 0.13mg (6.64%), Vitamin C: 4.63mg (5.61%), Zinc: 0.83mg (5.5%), Folate: 15.48µg (3.87%)