



## Sesame-Hoisin Tuna Kebabs

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

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds tuna steaks cut into 2-inch cubes
- 4 servings rice hot cooked
- 1 tablespoon cooking sherry dry
- 8 ounce mushrooms fresh
- 0.5 cup hoisin sauce
- 1 large onion cut into wedges
- 1 tablespoon sesame oil
- 1 tablespoon sesame seed

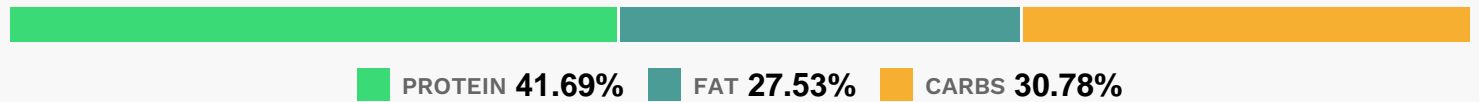
# Equipment

- baking pan
- grill
- skewers

# Directions

- Alternately thread tuna, onion, and mushrooms on 8 (12-inch) skewers.
- Place in a 13- by 9-inch baking dish.
- Stir together hoisin sauce and next 3 ingredients; brush over skewers. Cover and chill 30 minutes.
- Grill, covered with lid, over medium-high heat (350 to 400 degrees F)
- about 5 to 6 minutes on each side or until done.
- Serve with hot cooked rice.

# Nutrition Facts



# Properties

Glycemic Index:54.5, Glycemic Load:25.19, Inflammation Score:-10, Nutrition Score:41.524782699087%

# Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

# Nutrients (% of daily need)

Calories: 577.86kcal (28.89%), Fat: 17.22g (26.5%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 40.61g (14.77%), Sugar: 12.18g (13.53%), Cholesterol: 87.21mg (29.07%), Sodium: 650.86mg (28.3%), Alcohol: 0.39g (100%), Alcohol %: 0.11% (100%), Protein: 58.7g (117.39%), Vitamin B12: 21.41µg (356.83%),

Selenium: 95.48µg (136.4%), Vitamin B3: 22.53mg (112.65%), Vitamin A: 4953.95IU (99.08%), Vitamin D: 13.04µg (86.94%), Phosphorus: 695.99mg (69.6%), Vitamin B6: 1.25mg (62.42%), Vitamin B2: 0.9mg (52.8%), Vitamin B1: 0.64mg (42.86%), Magnesium: 147.38mg (36.84%), Vitamin B5: 3.62mg (36.2%), Manganese: 0.62mg (31.14%), Copper: 0.57mg (28.51%), Potassium: 887.16mg (25.35%), Iron: 3.48mg (19.34%), Vitamin E: 2.46mg (16.42%), Zinc: 2.38mg (15.84%), Fiber: 2.72g (10.88%), Folate: 33.55µg (8.39%), Calcium: 67.21mg (6.72%), Vitamin C: 4.1mg (4.97%)