



Smoked Tuna

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



936 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 40 ounce tuna steaks
- 5 bay leaves crumbled
- 0.5 cup firmly brown sugar packed
- 4 servings cherry wood chunks
- 0.7 cup coarse kosher salt
- 4 cups cooking wine dry white
- 2 tablespoons juice of lemon fresh
- 4 servings vegetable oil

- 2 quarts water
- 2 tablespoons coarsely ground peppercorns black


Equipment

- frying pan
- ziploc bags

Directions

- Soak wood chunks in water to cover at least 30 minutes.
- Place tuna steaks in a large heavy-duty zip-top plastic bag. Stir together 2 quarts water and next 4 ingredients; pour over steaks. Seal bag; chill 3 hours, turning bag occasionally.
- Remove steaks from brine. Wash and pat dry.
- Place on a rack to air dry 30 minutes.
- Brush with vegetable oil. Pat pepper on both sides of fillet.
- Prepare charcoal fire in smoker; let burn 15 to 20 minutes.
- Drain wood chunks, and place on coals.
- Place water pan in smoker; add wine. Coat rack with cooking spray; place in smoker.
- Place steaks on upper rack; cover with smoker lid. Cook 3 to 4 hours or until fish flakes easily when tested with a fork.

Nutrition Facts

 **PROTEIN 35.68%**  **FAT 33.3%**  **CARBS 31.02%**

Properties

Glycemic Index:17.25, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:48.384347708329%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 7.95mg, Catechin: 7.95mg, Catechin: 7.95mg, Catechin: 7.95mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 8.32mg, Epicatechin: 8.32mg, Epicatechin: 8.32mg, Epicatechin: 8.32mg

8.32mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 936.08kcal (46.8%), Fat: 28.36g (43.63%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 59.43g (19.81%), Net Carbohydrates: 55.17g (20.06%), Sugar: 47.12g (52.36%), Cholesterol: 107.73mg (35.91%), Sodium: 19017.25mg (826.84%), Alcohol: 24.72g (100%), Alcohol %: 2.53% (100%), Protein: 68.38g (136.76%), Vitamin B12: 26.73µg (445.56%), Selenium: 104.35µg (149.07%), Vitamin A: 6313.83IU (126.28%), Vitamin B3: 25.11mg (125.53%), Vitamin D: 16.16µg (107.73%), Phosphorus: 802.42mg (80.24%), Vitamin B6: 1.51mg (75.5%), Manganese: 1.14mg (56.82%), Magnesium: 197.99mg (49.5%), Vitamin B1: 0.74mg (49.35%), Vitamin B2: 0.8mg (47.32%), Potassium: 1310.91mg (37.45%), Vitamin K: 37.83µg (36.03%), Vitamin B5: 3.49mg (34.91%), Vitamin E: 4.14mg (27.61%), Iron: 4.95mg (27.49%), Copper: 0.51mg (25.44%), Fiber: 4.26g (17.04%), Vitamin C: 12.76mg (15.47%), Zinc: 2.26mg (15.06%), Calcium: 134.82mg (13.48%), Folate: 16.52µg (4.13%)