



## Soy-Lime Grilled Tuna

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

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce tuna steaks ()
- 0.5 teaspoon pepper red crushed
- 1 teaspoon ginger fresh minced peeled
- 0.5 cup juice of lime
- 0.3 cup soya sauce low-sodium

### Equipment

- sauce pan
- grill

ziploc bags

## Directions

- Place fish in a heavy-duty zip-top plastic bag.
- Combine lime juice and next 3 ingredients, stirring well.
- Pour lime juice mixture over fish. Seal bag, turning to coat fish. Marinate in refrigerator 30 minutes, turning once.
- Prepare grill.
- Remove fish from marinade; reserve marinade.
- Place marinade in a small saucepan; bring to a boil, and set aside.
- Place fish on grill rack coated with cooking spray; grill, covered, 4 to 5 minutes on each side or until fish flakes easily when tested with a fork, basting often with reserved marinade.
- Remove from grill, and serve immediately.

## Nutrition Facts

 **PROTEIN 64.58%**  **FAT 29.71%**  **CARBS 5.71%**

## Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:29.151304320149%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 262.69kcal (13.13%), Fat: 8.44g (12.99%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 3.32g (1.21%), Sugar: 0.62g (0.69%), Cholesterol: 64.64mg (21.55%), Sodium: 644.86mg (28.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.59%), Vitamin B12: 16.04µg (267.34%), Selenium: 62.25µg (88.93%), Vitamin A: 3802.47IU (76.05%), Vitamin B3: 14.98mg (74.89%), Vitamin D: 9.7µg (64.64%), Phosphorus: 463.66mg (46.37%), Vitamin B6: 0.82mg (40.85%), Vitamin B1: 0.42mg (28.31%), Vitamin B2: 0.47mg (27.78%), Magnesium: 99.05mg (24.76%), Vitamin B5: 1.88mg (18.84%), Potassium: 527.09mg (15.06%), Vitamin E: 1.93mg (12.86%), Iron: 2.02mg (11.24%), Vitamin C: 9.1mg (11.03%), Copper: 0.17mg (8.29%), Zinc: 1.18mg (7.89%), Manganese: 0.1mg (5.2%), Folate: 13.56µg (3.39%), Calcium: 23.53mg (2.35%), Fiber: 0.33g (1.32%)