



Spicy Tuna-Mango Skewers



Gluten Free



Dairy Free

READY IN



41 min.

SERVINGS



8

CALORIES



120 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 inch bamboo skewers
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 1 pound tuna fresh cut into 1-inch cubes
- ☐ 1 mangos peeled seeded cut into 1-inch cubes
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 tablespoons soya sauce

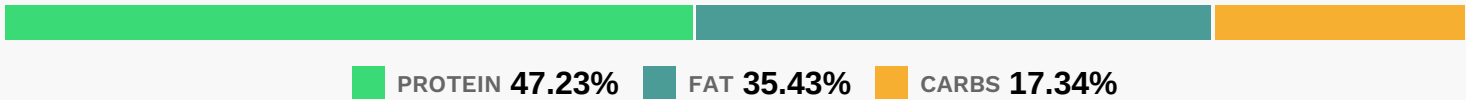
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler
- ☐ skewers

Directions

- ☐ Stir together first 5 ingredients in a medium bowl; set aside 2 tablespoons.
- ☐ Add tuna to remaining marinade, stirring gently to mix. Cover tuna mixture, and refrigerate 30 minutes to 1 hour, stirring once or twice.
- ☐ Soak bamboo skewers in cold water at least 30 minutes.
- ☐ Preheat broiler, and place top rack about 4 inches below element. Thread tuna and mango cubes onto skewers. Arrange skewers on a rimmed baking sheet, and brush with marinade.
- ☐ Broil 2 minutes. Turn skewers, and broil 1 to 2 more minutes or until tuna reaches medium, with just a bit of pink remaining at the centers. Arrange skewers on plates; drizzle evenly with reserved 2 tablespoons marinade.

Nutrition Facts



Properties

Glycemic Index:20.72, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:13.830869571022%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 119.94kcal (6%), Fat: 4.68g (7.19%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.6g (1.67%), Sugar: 4.33g (4.81%), Cholesterol: 21.55mg (7.18%), Sodium: 276.1mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.05%), Vitamin B12: 5.35µg (89.11%), Vitamin A: 1570.52IU (31.41%), Selenium: 20.93µg (29.9%), Vitamin B3: 5.31mg (26.55%), Vitamin D: 3.23µg (21.55%), Vitamin C: 13.34mg (16.17%), Phosphorus: 155.83mg (15.58%), Vitamin B6: 0.31mg (15.34%), Vitamin B1: 0.15mg (10.3%), Vitamin B2: 0.16mg (9.6%), Magnesium: 34.07mg (8.52%), Vitamin E: 1.12mg (7.44%), Vitamin B5: 0.68mg (6.84%), Potassium: 217.45mg (6.21%), Copper: 0.09mg (4.58%), Iron: 0.78mg (4.35%), Folate: 15.54µg (3.89%), Manganese: 0.05mg (2.73%), Zinc: 0.41mg (2.71%), Fiber: 0.55g (2.18%), Vitamin K: 2.28µg (2.17%)