



Steamed Tuna Fish



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds tuna steaks fresh
- 0.5 cup ginger root fresh minced
- 3 cloves garlic minced
- 1 bunch green onions finely chopped
- 1 teaspoon ground pepper black
- 1 teaspoon salt
- 0.5 cup cooking sherry
- 0.5 cup soya sauce

0.5 cup vegetable oil

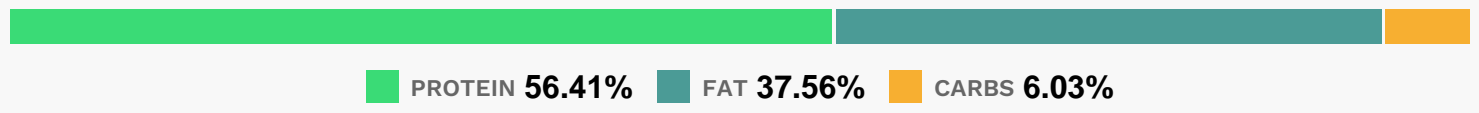
Equipment

sauce pan

Directions

- Place tuna steaks in a steamer over 1 inch of boiling water, and cover. Cook 6 to 8 minutes, or until fish flakes easily with a fork.
- Meanwhile, in a medium saucepan, combine soy sauce, sherry, vegetable oil, green onions, ginger, garlic, salt, and black pepper. Bring to a boil.
- Remove tuna steaks from steamer, and place in a serving dish.
- Pour sauce over tuna steaks, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:21.81130437229%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 216.45kcal (10.82%), Fat: 8.36g (12.86%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.58g (0.64%), Cholesterol: 43.09mg (14.36%), Sodium: 1147.13mg (49.88%), Alcohol: 1.54g (100%), Alcohol %: 1.17% (100%), Protein: 28.25g (56.5%), Vitamin B12: 10.69µg (178.22%), Selenium: 41.75µg (59.65%), Vitamin B3: 10.47mg (52.37%), Vitamin A: 2506.86IU (50.14%), Vitamin D: 6.46µg (43.09%), Phosphorus: 314.85mg (31.48%), Vitamin B6: 0.58mg (28.93%), Vitamin B1: 0.29mg (19.22%), Vitamin B2: 0.31mg (18.53%), Magnesium: 67.9mg (16.97%), Vitamin B5: 1.28mg (12.81%), Vitamin K: 11.72µg (11.16%), Potassium: 368.23mg (10.52%), Vitamin E: 1.39mg (9.28%), Iron: 1.67mg (9.27%), Manganese: 0.18mg (8.84%), Copper: 0.14mg

(7.03%), Zinc: 0.81mg (5.4%), Calcium: 19.77mg (1.98%), Folate: 7.68 μ g (1.92%), Fiber: 0.4g (1.6%), Vitamin C: 1.22mg (1.47%)