



Teriyaki Ginger Tuna Skewers

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

READY IN



54 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds tuna steak fresh cut into 1-inch cubes
- 1 tablespoon ginger fresh minced
- 1 teaspoon garlic fresh minced
- 1 juice of lemon juiced
- 3 ounces sesame oil
- 1 tablespoon sesame seed toasted
- 1 tablespoon sugar substitute (recommended: Splenda)
- 15 ounces teriyaki sauce per serving)

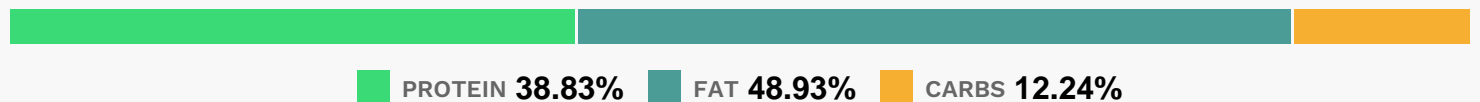
Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Soak bamboo skewers in water for 30 minutes to 1 hour. (This will keep them from burning later).
- Mix all marinade ingredients together in a bowl. Submerge tuna cubes in marinade, cover, and refrigerate for at least 30 minutes.
- Preheat a grill or grill pan to high.
- Remove tuna from marinade and skewers from water, and thread tuna onto skewers.
- Place skewers on the edges of the grill with the longest part of the stick hanging off the edge away from the fire. Stay close by and turn the sticks by hand to keep from burning. Brochettes are done in just 3 to 4 minutes.
- Sprinkle with sesame seeds before serving.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.53, Inflammation Score:-10, Nutrition Score:38.72652167341%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 627.31kcal (31.37%), Fat: 33.42g (51.42%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.4g (6.69%), Sugar: 15.82g (17.58%), Cholesterol: 86.18mg (28.73%), Sodium: 4160.8mg (180.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.68g (119.35%), Vitamin B12: 21.39µg (356.45%), Selenium: 84.76µg (121.09%), Vitamin B3: 21.09mg (105.46%), Vitamin A: 4951.66IU (99.03%), Vitamin D: 12.93µg (86.18%), Phosphorus: 754.7mg (75.47%), Vitamin B6: 1.17mg (58.48%), Magnesium: 186.66mg (46.66%), Vitamin B1: 0.6mg (39.87%), Vitamin B2: 0.65mg (38.3%), Vitamin B5: 2.62mg (26.22%), Iron: 4.44mg (24.67%), Potassium: 838.11mg (23.95%), Copper: 0.39mg (19.52%), Vitamin E: 2.59mg (17.25%), Zinc: 1.64mg (10.94%), Calcium: 66.31mg (6.63%), Manganese: 0.1mg (5.03%), Folate: 16.7µg (4.17%), Vitamin C: 3.22mg (3.91%), Vitamin K: 2.91µg (2.77%), Fiber: 0.42g (1.66%)