



Teriyaki tuna skewers



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ml soya sauce
- ☐ 50 ml mirin
- ☐ 1 tsp vegetable oil
- ☐ 1 mangos peeled
- ☐ 3 spring onion
- ☐ 250 g pack tuna steak

Equipment

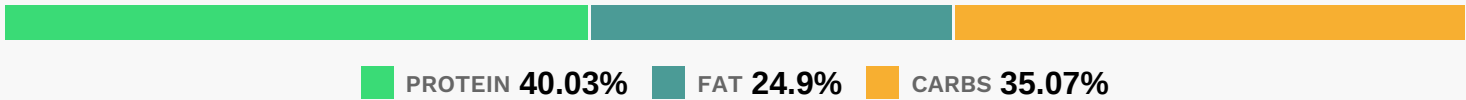
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ wooden skewers

Directions

- ☐ Make a teriyaki sauce by mixing the soy sauce, mirin and sugar in a shallow dish.
- ☐ Put the tuna steaks in the dish, turn over a few times so theyre coated with the sauce, then leave in the fridge to marinate for at least 1 hr and up to 2 hrs.To cook, heat a large frying pan. Take the tuna steaks out of the marinade and pat dry, then rub all over with the oil. Fry the tuna for 2 mins on each side, so they are still pink in the middle.
- ☐ Remove from the pan, then pour in the marinade and 2–3 tbsp water. Bring to the boil and cook for a few mins to heat through. Strain through a sieve into a small dipping bowl.To serve, slice the cooked tuna, mango and spring onion into bite–size pieces. Thread onto wooden skewers, then serve warm or cold with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:16.46, Glycemic Load:2.52, Inflammation Score:–7, Nutrition Score:11.609565112902%

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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 104.41kcal (5.22%), Fat: 2.94g (4.52%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.56g (3.11%), Sugar: 6.91g (7.67%), Cholesterol: 15.83mg (5.28%), Sodium: 355.03mg (15.44%), Alcohol: 0.83g (100%), Alcohol %: 1.1% (100%), Protein: 10.63g (21.26%), Vitamin B12: 3.93µg (65.49%), Vitamin A: 1342.69IU (26.85%), Selenium: 15.49µg (22.13%), Vitamin B3: 4.06mg (20.31%), Vitamin C: 13.69mg (16.59%), Vitamin D: 2.38µg (15.83%), Vitamin K: 15.25µg (14.52%), Vitamin B6: 0.24mg (12.21%), Phosphorus: 119.26mg (11.93%), Vitamin B1: 0.12mg (7.75%), Vitamin B2: 0.13mg (7.64%), Magnesium: 27.44mg (6.86%), Vitamin E: 0.82mg

(5.48%), Potassium: 189.91mg (5.43%), Vitamin B5: 0.53mg (5.3%), Folate: 20.39µg (5.1%), Copper: 0.09mg (4.29%), Iron: 0.69mg (3.81%), Manganese: 0.06mg (3.1%), Fiber: 0.75g (2.99%), Zinc: 0.33mg (2.17%), Calcium: 12.43mg (1.24%)