



HEALTH SCORE

100%

Tuna Kebabs with Ginger-Chile Marinade



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds thick ahi tuna cut into 1- to 1 1/4 -inch cubes
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh finely grated peeled
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 large bell pepper red cut into 1-inch squares
- ☐ 1 serrano chiles minced seeded

- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 large onion sweet cut into 1-inch squares (such as Maui or Vidalia)
- ☐ 3 tablespoons rice vinegar
- ☐ 4 servings pepper white freshly ground

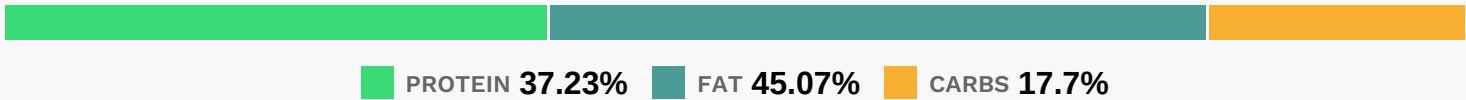
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ metal skewers

Directions

- ☐ Whisk first 8 ingredients in medium bowl to blend; season to taste with ground white pepper.
- ☐ Transfer 3 tablespoons marinade to small bowl and reserve.
- ☐ Add tuna to remaining marinade in medium bowl and toss to coat. Refrigerate at least 30 minutes and up to 45 minutes.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat). Alternate tuna cubes, bell pepper squares, and onion squares on each of 6 metal skewers. Grill to desired doneness, turning frequently, about 4 minutes total for medium-rare.
- ☐ Transfer to platter.
- ☐ Drizzle reserved marinade over; sprinkle with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:57.07, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:36.216086823007%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg, Quercetin: 12.46mg

Nutrients (% of daily need)

Calories: 454.57kcal (22.73%), Fat: 22.61g (34.78%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 17.63g (6.41%), Sugar: 14.77g (16.41%), Cholesterol: 64.64mg (21.55%), Sodium: 578.79mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.03g (84.06%), Vitamin B12: 16.04µg (267.34%), Vitamin A: 5025.31IU (100.51%), Selenium: 62.85µg (89.79%), Vitamin B3: 15.66mg (78.28%), Vitamin C: 57.83mg (70.09%), Vitamin D: 9.7µg (64.64%), Vitamin B6: 1.04mg (51.84%), Phosphorus: 483.06mg (48.31%), Vitamin B1: 0.47mg (31.57%), Vitamin B2: 0.5mg (29.49%), Magnesium: 105.03mg (26.26%), Vitamin E: 3.59mg (23.91%), Vitamin B5: 2.06mg (20.56%), Potassium: 660.01mg (18.86%), Iron: 2.71mg (15.08%), Manganese: 0.29mg (14.6%), Copper: 0.24mg (12.24%), Folate: 44.18µg (11.04%), Fiber: 2.35g (9.42%), Zinc: 1.33mg (8.89%), Calcium: 42.34mg (4.23%), Vitamin K: 4.06µg (3.87%)