



Tuna Steaks

Number of Servings: 2
Calories Per Serving: 277
PCF Ratio: 60-12-28

Single Serving Comment: 1/2 of recipe

Cooking Instructions

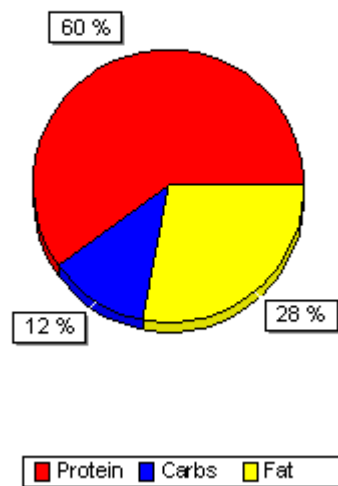
Ingredients

350g Yellowfin Tuna
 1 tbsp Olive Oil
 8 tbsp Lime Juice
 4 cloves Garlic
 1 tsp ground Black Pepper
 1 tsp Salt
 (serves 2)

Combine oil, lime juice, crushed garlic, salt and pepper in a large bowl. Put tuna into marinade and leave in fridge for a couple of hours (or until ready to cook tuna). Put pan under grill, and grill fish for six minutes on each side.

Serve tuna with a salsa.

60-12-28 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (253g)
 Servings: 1

Amount Per Serving

Calories 280 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 2g **7%**

Cholesterol 80mg **26%**

Sodium 1,230mg **51%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **3%**

Sugars 2 g

Protein 42 g

Vitamin A 2% Vitamin C 35%

Calcium 4% Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
TUNA, YELLOWFIN, FRESH, RAW		350	350	378	81.8						
EXTRA VIRGIN OLIVE OIL	salad or cooking	1 tbsp	14	119.3							
LIME JUICE, RAW		8 tbsp	123	33.3	.5	11.1	4.4				
GARLIC, RAW(clove)	Crushed	4 cloves	12	17.9	.8	4	.2				

Tuna Steaks (continued)

PEPPER, BLACK, GROUND		1 tsp	2	5.4	.2	1.4								
SALT, TABLE(tsp)		1 tsp	6											
Recipe Total:			507	553.8	83.4	16.4	4.6							
Single Serving Total:			253	276.9	41.7	8.2	2.3							

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
TUNA, YELLOWFIN, FRESH, RAW				3.3	.8	.8	.1	157.5		63	210	1.5	.2	34.3
EXTRA VIRGIN OLIVE OIL				13.5	1.8	.1	1.1							
LIME JUICE, RAW			.5	.1	.0	.0	.0				12.3	.0	.0	.1
GARLIC, RAW(clove)			.2	.1			.0					.0	.0	.1
PEPPER, BLACK, GROUND			.6	.1	.0		.0				4			.0
SALT, TABLE(tsp)														
Recipe Total:			1.3	17.1	2.7	.9	1.3	157.5		63	226.3	1.6	.2	34.5
Single Serving Total:			.6	8.5	1.3	.5	.6	78.8		31.5	113.2	.8	.1	17.3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
TUNA, YELLOWFIN, FRESH, RAW	2.6	3.1	7	7		7	1.8		3.5		1.8		56	175
EXTRA VIRGIN OLIVE OIL											1.6	2.5		
LIME JUICE, RAW	.2	.1	9.9	9.9		9.9			36.1			.2	11.1	7.4
GARLIC, RAW(clove)	.1	.1	.4	.4		.4			3.7				21.7	3
PEPPER, BLACK, GROUND			.2	.2		.2			.4			.0	9.2	4.1
SALT, TABLE(tsp)													1.4	.1
Recipe Total:			2.9	3.4	17.4	17.4	1.8		43.8		3.4	2.7	99.4	189.5
Single Serving Total:			1.4	1.7	8.7	8.7	.9		21.9		1.7	1.3	49.7	94.8

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
TUNA, YELLOWFIN, FRESH, RAW	668.5	1554	129.5			.2			2.6	.1		127.8	1.8
EXTRA VIRGIN OLIVE OIL	.1								.1				

Tuna Steaks (continued)

LIME JUICE, RAW	8.6	134.3	1.2			.0			.0			.1	.1	
GARLIC, RAW(clove)	18.4	48.1	2			.0			.2	.2		1.7	.1	
PEPPER, BLACK, GROUND	3.6	26.4	.9			.0			.6	.1		.1	.0	
SALT, TABLE(tsp)		.5	2325.5						.0					
Recipe Total:	699.3	1763.3	2459.2			.3			3.5	.4		129.6	2.1	
Single Serving Total:	349.6	881.7	1229.6			.2			1.7	.2		64.8	1	