

Grilled Tuna-Pineapple Kabobs

1 3/4 to 2 pounds yellowfin tuna steaks, cut 1 1/4 inches thick
1 whole gold fresh pineapple, peeled and cored
1 large 1015 onion
1/2 teaspoon salt or to taste
1/2 teaspoon freshly ground black pepper or to taste
1/4 cup sherry
2 tablespoons olive oil
2 tablespoons lemon juice
1/4 teaspoon sesame oil
4 cloves, garlic, crushed
1 teaspoon grated fresh ginger

Heat charcoal 30 minutes or gas grill 10 minutes with lid closed. (To prevent burning, skewers may be soaked in water 30 minutes if time permits.) Cut tuna, pineapple and onion into 1 1/4 inch chunks. Thread onto bamboo skewers. Combine marinade ingredients beginning with sherry and ending with fresh ginger in a shallow, non metallic pan. Reserve 1/4 cup marinade for basting during cooking. Marinate tuna kabobs 10 minutes. Grill 4 inches above medium heat for about 8 minutes total. Turn to brown all sides of kabobs. Brush with marinade each turn. Season lightly with salt and pepper while cooking. Cook until tuna is Medium-Rare in center. Do not overcook.

Servings: 4

Yield: 2 kabobs per person

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	374.05
Calories From Fat (21%)	79.81
% Daily Value	
Total Fat 9.11g	14%
Saturated Fat 1.44g	7%
Cholesterol 89.30mg	30%
Sodium 368.06mg	15%
Potassium 1100.94mg	31%
Carbohydrates 21.08g	7%
Dietary Fiber 2.25g	9%
Sugar 12.46g	
Sugar Alcohols 0.00g	
Net Carbohydrates 18.83g	
Protein 47.61g	95%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 3/4 to 2 pounds yellowfin tuna steaks, cut 1 1/4 inches thick	1.75 x 1 lb of Finfish, tuna, fresh, yellowfin, raw
1 whole gold fresh pineapple, peeled and cored	1 x 1 fruit of Pineapple, raw
1 large 1015 onion	1 x 1 large onion of Onions, raw
1/2 teaspoon salt or to taste	0.50 x 1 teaspoon of Salt, table
1/2 teaspoon freshly ground black pepper or to taste	0.50 x 1 teaspoon of Spices, pepper, black
1/4 cup sherry	0.25 x 1 cup of Alcoholic beverage, sherry
2 tablespoons olive oil	2 x 1 tablespoon of Oil, olive, salad or cooking
2 tablespoons lemon juice	2 x 1 tablespoon of Lemon juice, raw
1/4 teaspoon sesame oil	0.25 x 1 teaspoon of Oil, sesame, salad or cooking
4 cloves, garlic, crushed	4 x 1 clove of Garlic, raw
1 teaspoon grated fresh ginger	1 x 1 teaspoon of Ginger root, raw

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