

Marinated Tuna Steak

Yield: 4 min
Total Time: 51 min

Recipe from: <https://www.recipeschoose.com/recipes/marinated-tuna-steak-recipes>

Ingredients:

- 1/4 cup orange juice
- 1/4 cup soy sauce
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley chopped
- 1 clove garlic minced
- 1/2 teaspoon fresh oregano chopped
- 1/2 teaspoon ground black pepper
- 16 ounces tuna steaks

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Protein: 27 grams
6. SaturatedFat: 2 grams
7. Sodium: 940 milligrams
8. Sugar: 2 grams

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