



## Asian Fish With Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup cilantro leaves chopped (or parsley)
- 1 teaspoon cornstarch
- 0.3 cup dry-roasted peanuts unsalted crushed
- 2 tablespoons ginger fresh grated
- 2 large garlic cloves crushed
- 1 lime
- 3 tablespoons soya sauce reduced-sodium
- 8 ounce fillets mahi mahi

- 1 cup mirin
- 1 medium bell pepper red cut in slivers
- 1 tablespoon rice vinegar
- 4 cups savoy cabbage shredded
- 6 scallions with green sliced
- 1 teaspoon sesame oil
- 0.3 cup water

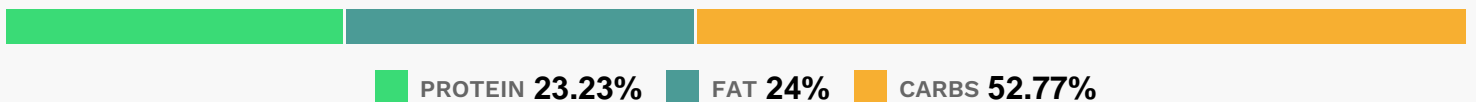
## Equipment

- bowl
- plastic wrap
- microwave

## Directions

- Spread vegetables over bottom of shallow microwave-safe dish. Top with fish. In a small bowl, combine sauce ingredients; pour over all.
- Cover tightly with microwave plastic wrap, and microwave on high 8–10 minutes. Vegetables will be crisp-tender.
- Place each filet on a plate; spoon vegetables and sauce around fish.
- Garnish with cilantro and a squeeze of lime juice.
- Serve with brown rice.

## Nutrition Facts



## Properties

Glycemic Index:127.5, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:37.992173899775%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin:

0.97mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## Nutrients (% of daily need)

Calories: 534.66kcal (26.73%), Fat: 15.49g (23.83%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 76.63g (25.54%), Net Carbohydrates: 66.69g (24.25%), Sugar: 36.33g (40.37%), Cholesterol: 82.78mg (27.59%), Sodium: 1920.52mg (83.5%), Alcohol: 11.8g (100%), Alcohol %: 2.45% (100%), Protein: 33.73g (67.47%), Vitamin K: 180.49µg (171.89%), Vitamin C: 137.9mg (167.15%), Vitamin A: 3977.96IU (79.56%), Selenium: 46µg (65.72%), Vitamin B3: 12.05mg (60.25%), Vitamin B6: 1.13mg (56.61%), Manganese: 1.08mg (54.21%), Folate: 207.02µg (51.76%), Fiber: 9.94g (39.77%), Phosphorus: 392.33mg (39.23%), Magnesium: 154.23mg (38.56%), Potassium: 1343.25mg (38.38%), Iron: 3.67mg (20.42%), Vitamin E: 2.85mg (18.98%), Vitamin B2: 0.32mg (18.94%), Vitamin B5: 1.86mg (18.6%), Copper: 0.35mg (17.38%), Vitamin B1: 0.24mg (15.89%), Zinc: 2.16mg (14.42%), Calcium: 138.04mg (13.8%), Vitamin B12: 0.68µg (11.34%)