



## Braised Grouper with Ginger, Shiitake Mushrooms, and Chiles



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 heads baby bok choy separated
- ☐ 2 teaspoons ginger minced
- ☐ 2 teaspoons spring onion thinly sliced
- ☐ 24 ounce grouper fillets
- ☐ 2 teaspoons jalapeno red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 2 teaspoons sesame oil toasted

- ☐ 12 mushroom caps
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups vegetable stock

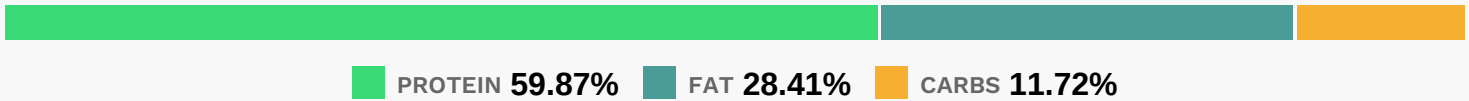
## Equipment

- ☐ frying pan

## Directions

- ☐ Season fillets with salt and pepper.
- ☐ Heat a frying pan (not nonstick) over medium-high heat; add oil, then fillets. Cook until fillets start to brown on one side, about 2 minutes. Flip fillets and reduce heat to medium.
- ☐ Add stock, bok choy leaves, mushrooms, soy sauce, and ginger. Cover and cook until fish is opaque in the center, about 3 minutes.
- ☐ Divide fish, mushrooms, and bok choy between 4 deep, wide soup plates.
- ☐ Pour stock over fish and vegetables (depending on size of your plates, you may have extra stock).
- ☐ Garnish with green onion and jalapeo and drizzle with toasted sesame oil.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:15.265652205633%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 237.83kcal (11.89%), Fat: 7.37g (11.34%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.63g (2.05%), Sugar: 3.33g (3.7%), Cholesterol: 62.94mg (20.98%), Sodium: 1731.3mg (75.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.88%), Selenium: 64.58µg (92.25%), Phosphorus:

336.07mg (33.61%), Vitamin B6: 0.67mg (33.3%), Potassium: 983.21mg (28.09%), Vitamin B5: 1.95mg (19.47%), Vitamin B12: 1.02µg (17.01%), Magnesium: 65.93mg (16.48%), Vitamin A: 799.47IU (15.99%), Vitamin B3: 2.56mg (12.8%), Iron: 1.95mg (10.85%), Vitamin B1: 0.13mg (8.88%), Manganese: 0.17mg (8.72%), Zinc: 1.3mg (8.68%), Vitamin K: 8.94µg (8.51%), Vitamin B2: 0.12mg (6.86%), Folate: 23.71µg (5.93%), Copper: 0.11mg (5.61%), Calcium: 50.46mg (5.05%), Vitamin C: 4mg (4.85%), Fiber: 1.21g (4.84%), Vitamin E: 0.33mg (2.21%), Vitamin D: 0.17µg (1.12%)