



Chilean Seabass with Thai-spiced Mashed Yams



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil leaves fresh shredded finely
- ☐ 0.5 pound halibut cut into 4 equal pieces
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 2 servings salt
- ☐ 1 pound sweet potatoes
- ☐ 0.5 teaspoon thai curry paste red

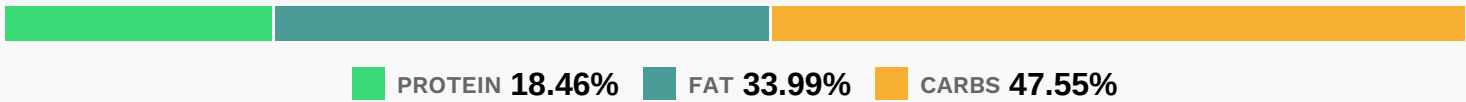
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ potato masher
- ☐ slotted spoon

Directions

- ☐ Peel yams and cut into 1/2-inch chunks.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, combine yams, broth, and curry paste. Bring to a boil, then stir often until yams are tender when mashed, 10 to 15 minutes. With a slotted spoon, transfer to a bowl.
- ☐ Pour broth into another bowl. Wipe pan dry.
- ☐ Meanwhile, rinse fish and pat dry. Return pan to heat and add fish. Cook until well browned on each side and opaque but still moist looking in center of thickest part (cut to test), about 10 minutes.
- ☐ As fish cooks, mash yams with a mixer or potato masher.
- ☐ Add some of the reserved broth if you want softer yams. Save extra broth for other uses.
- ☐ Spoon yams onto plates and top with fish. Scatter basil over portions and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:22.53, Inflammation Score:-10, Nutrition Score:16.702608771946%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 386.33kcal (19.32%), Fat: 14.65g (22.54%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 39.23g (14.27%), Sugar: 9.92g (11.02%), Cholesterol: 49.9mg (16.63%), Sodium: 1302.63mg (56.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.91g (35.82%), Vitamin A: 32704.75IU (654.09%), Manganese: 0.63mg (31.68%), Fiber: 6.88g (27.53%), Vitamin B6: 0.51mg (25.44%), Potassium: 838.34mg (23.95%), Vitamin B5: 2.09mg (20.91%), Copper: 0.39mg (19.67%), Magnesium: 60.25mg (15.06%), Phosphorus: 132.68mg (13.27%), Vitamin B1: 0.19mg (12.9%), Vitamin B3: 2.55mg (12.74%), Vitamin K: 12.38µg (11.79%), Vitamin B2: 0.19mg (11.03%), Iron: 1.8mg (9.99%), Selenium: 6.36µg (9.09%), Calcium: 82.53mg (8.25%), Vitamin B12: 0.45µg (7.57%), Vitamin C: 5.91mg (7.16%), Folate: 28.58µg (7.14%), Zinc: 0.74mg (4.95%), Vitamin E: 0.61mg (4.04%)