

health-score100%

HEALTH SCORE

Chinese Deep-Fried Fish with Spicy Black Bean Sauce

 Dairy Free  Very Healthy

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cilantro leaves for garnish
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup fermented black beans
- ☐ 2 cloves garlic sliced thin
- ☐ 1 inch ginger peeled chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 cups chicken stock see low-sodium

- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 pound snapper whole red cleaned
- ☐ 1 cup rice flour
- ☐ 4 scallions sliced thin
- ☐ 1 serrano chile sliced thin
- ☐ 2 tablespoons water

Equipment

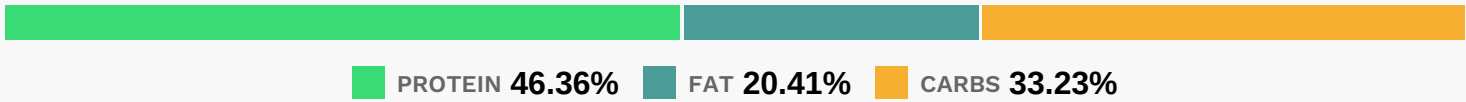
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the head from the fish (or have your fishmonger do this) and cut the fish into 2-inch thick steaks.
- ☐ Put the rice flour on a plate and season it well with salt and pepper; dredge the fish pieces in the rice flour, shaking off any excess.
- ☐ In a deep pot or a wok large enough to hold the fish, heat the vegetable oil to 350 degrees F. Carefully put in the fish and deep-fry until it is browned, crisp, and cooked through, about 12 to 15 minutes.
- ☐ Remove the fish pieces and drain them on paper towels; place them onto a platter.
- ☐ Carefully drain all but 3 tablespoons of oil from the wok. Stir-fry the scallions, ginger, garlic, and chiles for about 2 minutes.
- ☐ Add the black beans and fry for another minute.
- ☐ Pour in the chicken stock, bring to a boil, and simmer until the sauce begins to thicken, about 10 minutes. In a small bowl mix the cornstarch with 2 tablespoons water making sure to get out all the lumps.
- ☐ Pour this slurry into the black bean mixture (it will thicken immediately) and cook for another 2 minutes.

Pour the sauce over the fish pieces, garnish with cilantro leaves, and serve.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:14.35, Inflammation Score:-5, Nutrition Score:22.179565336393%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 346.56kcal (17.33%), Fat: 7.82g (12.03%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 25.81g (9.39%), Sugar: 1.05g (1.16%), Cholesterol: 55.94mg (18.65%), Sodium: 123.41mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.96g (79.92%), Vitamin D: 15.42µg (102.81%), Selenium: 62.07µg (88.67%), Vitamin B12: 4.61µg (76.91%), Vitamin B6: 0.75mg (37.68%), Phosphorus: 354.94mg (35.49%), Potassium: 754.33mg (21.55%), Manganese: 0.39mg (19.42%), Vitamin K: 17.34µg (16.51%), Magnesium: 61.4mg (15.35%), Vitamin B5: 1.37mg (13.71%), Vitamin E: 1.98mg (13.19%), Vitamin B3: 2.27mg (11.37%), Fiber: 2.82g (11.28%), Vitamin B1: 0.11mg (7.58%), Copper: 0.13mg (6.72%), Calcium: 66.72mg (6.67%), Zinc: 0.89mg (5.93%), Vitamin C: 4.77mg (5.78%), Vitamin A: 256.78IU (5.14%), Iron: 0.92mg (5.11%), Folate: 14.21µg (3.55%), Vitamin B2: 0.04mg (2.52%)