



## Coconut Curry Halibut

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 basil sprigs
- 0.3 teaspoon pepper black freshly ground
- 1.5 tablespoons brown sugar
- 1 tablespoon canola oil
- 24 ounce pacific halibut filets
- 0.1 teaspoon kosher salt
- 14 ounce coconut milk light canned
- 1 tablespoon juice of lime fresh

- 1 tablespoon lower-sodium soy sauce
- 3 mint sprigs
- 2 tablespoons curry paste red
- 1 tablespoon rice vinegar

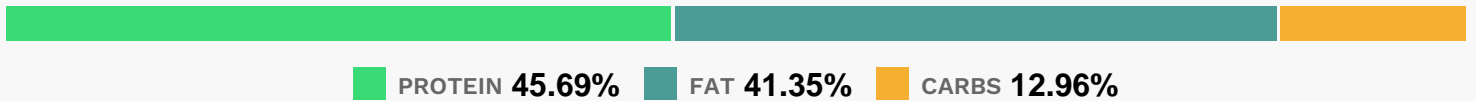
## Equipment

- frying pan
- sauce pan
- whisk
- measuring cup

## Directions

- Combine first 5 ingredients in a medium saucepan over high heat, whisking until smooth. Bring to a boil; reduce heat, and simmer until reduced to 3/4 cup (about 25 minutes).
- Remove from heat. Stir in lime juice, mint, and basil; let stand 5 minutes. Strain into a measuring cup; discard solids. Keep sauce warm.
- Heat a large nonstick skillet over medium-high heat.
- Add oil; swirl to coat.
- Sprinkle fish evenly with pepper and salt.
- Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- Serve fish with sauce.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:19.389565172403%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 298.98kcal (14.95%), Fat: 12.95g (19.92%), Saturated Fat: 7.6g (47.5%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.71g (3.17%), Sugar: 4.98g (5.54%), Cholesterol: 83.35mg (27.78%), Sodium: 416.84mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.37%), Selenium: 77.67µg (110.96%), Vitamin B3: 11.15mg (55.73%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.18%), Phosphorus: 409.85mg (40.98%), Vitamin B12: 1.87µg (31.18%), Vitamin A: 1345.46IU (26.91%), Potassium: 771.28mg (22.04%), Vitamin E: 1.68mg (11.19%), Magnesium: 43.63mg (10.91%), Vitamin B5: 0.61mg (6.12%), Folate: 23.67µg (5.92%), Vitamin B1: 0.09mg (5.9%), Zinc: 0.66mg (4.41%), Vitamin K: 3.97µg (3.78%), Vitamin B2: 0.06mg (3.74%), Manganese: 0.07mg (3.49%), Iron: 0.62mg (3.43%), Calcium: 31.06mg (3.11%), Copper: 0.05mg (2.49%), Vitamin C: 2.05mg (2.48%), Fiber: 0.42g (1.67%)