



Curry-Chutney Snapper

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons curry powder
- 0.5 cup less-sodium chicken broth fat-free
- 2 tablespoons flour all-purpose
- 2 tablespoons cilantro leaves fresh minced
- 0.3 teaspoon hot sauce
- 24 ounce mahimahi fillets red
- 0.3 cup mango chutney
- 0.3 teaspoon salt

1 tablespoon stick margarine

Equipment

frying pan

Directions

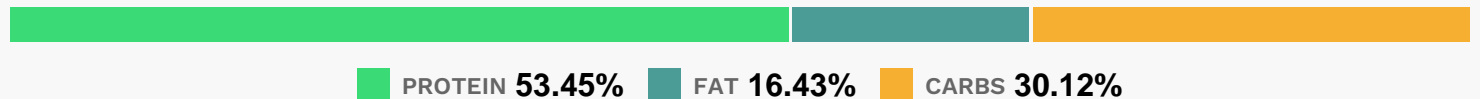
Combine first 3 ingredients in a shallow dish. Dredge fish in flour mixture. Melt butter in a large nonstick skillet over medium-high heat.

Add fish; cook 3 minutes on each side or until fish flakes easily when tested with a fork.

Remove from skillet; keep warm.

Add broth, chutney, and hot sauce to skillet; bring to a boil. Cook 1 minute, stirring constantly. Spoon sauce over fish; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:10.01, Inflammation Score:-5, Nutrition Score:15.07739131347%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 248.35kcal (12.42%), Fat: 4.41g (6.78%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.5g (6.36%), Sugar: 10.39g (11.55%), Cholesterol: 124.17mg (41.39%), Sodium: 460.04mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Selenium: 64.58µg (92.26%), Vitamin B3: 10.8mg (54.01%), Vitamin B6: 0.7mg (35.14%), Phosphorus: 258.91mg (25.89%), Potassium: 754.91mg (21.57%), Vitamin B12: 1.08µg (18.02%), Iron: 2.54mg (14.12%), Magnesium: 55.71mg (13.93%), Vitamin B5: 1.34mg (13.35%), Vitamin B2: 0.16mg (9.67%), Vitamin A: 462.17IU (9.24%), Zinc: 0.87mg (5.8%), Copper: 0.11mg (5.53%), Manganese: 0.11mg (5.35%), Folate: 19.7µg (4.93%), Vitamin B1: 0.07mg (4.8%), Calcium: 37.6mg (3.76%), Vitamin C: 2.23mg (2.71%), Fiber: 0.67g (2.69%), Vitamin E: 0.37mg (2.45%), Vitamin K: 1.64µg (1.56%)