



Curry-crusted fish

 Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bread
- ☐ 1 tbsp curry paste
- ☐ 4 fillet fish fillet white thick
- ☐ 1 lime

Equipment

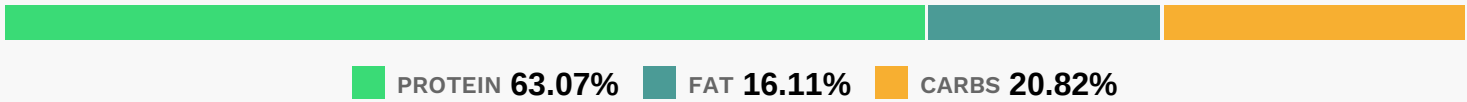
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Put the bread into the bowl of a food processor and whizz until you have rough crumbs.
- ☐ Add the curry paste and whizz again until the crumbs are fairly fine and evenly coated in the curry paste.
- ☐ Put the fish fillets onto a baking sheet or tray, season on both sides, then grate the zest of half the lime on top. Gently press the curry paste crumbs on top of the fish, then bake until the fish is cooked through and the topping crisp and golden, about 7 mins.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:18.257391297299%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 230.08kcal (11.5%), Fat: 4.15g (6.38%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 10.62g (3.86%), Sugar: 1.75g (1.95%), Cholesterol: 85mg (28.33%), Sodium: 188.13mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.11%), Selenium: 77.18µg (110.25%), Vitamin B12: 2.69µg (44.77%), Vitamin B3: 7.84mg (39.21%), Vitamin D: 5.27µg (35.13%), Phosphorus: 319.11mg (31.91%), Potassium: 560.09mg (16%), Manganese: 0.31mg (15.73%), Vitamin B6: 0.31mg (15.3%), Folate: 59.99µg (15%), Magnesium: 55.51mg (13.88%), Vitamin A: 599.42IU (11.99%), Vitamin B1: 0.16mg (10.74%), Iron: 1.91mg (10.59%), Vitamin B5: 1.04mg (10.36%), Vitamin B2: 0.16mg (9.61%), Copper: 0.17mg (8.47%), Vitamin C: 5.23mg (6.34%), Fiber: 1.45g (5.79%), Calcium: 54.03mg (5.4%), Zinc: 0.8mg (5.32%), Vitamin E: 0.76mg (5.04%), Vitamin K: 3.51µg (3.34%)