



Fish Kebabs

READY IN



30 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb tilapia skinless cut into 1-inch pieces
- 6 servings mint-cilantro chutney [spread shopping list](#)
- 2 tablespoons yogurt (plain such as greek) thick
- 1 teaspoon to 2 chilies slit (fresh green such as serrano or thai, including seeds, or to taste minced)
- 0.3 teaspoon ground cumin
- 1.5 cups vegetable oil
- 0.5 cup breadcrumbs (dry fine)
- 0.3 teaspoon ground coriander
- 0.3 teaspoon turmeric

- 0.3 cup cilantro leaves fresh finely chopped
- 0.5 teaspoon salt
- 1 tablespoon frangelico grated fresh (with a rasp) peeled
- 2 teaspoon frangelico grated (with a rasp)
- 18 serving frangelico (6-inch)

Equipment

- food processor
- bowl
- frying pan
- paper towels
- wax paper
- skewers
- tongs

Directions

- Purée fish with yogurt in a food processor until smooth.
- Stir together ginger, garlic, chile, salt, cumin, coriander, and turmeric in a large bowl, then add fish and cilantro and stir until seasonings are evenly distributed.
- Spread bread crumbs on a plate. Wet hands slightly, then form 2 tablespoons fish mixture into an oval about 3 inches long. Flatten oval slightly, then transfer to crumbs and turn to coat lightly.
- Transfer to a tray lined with wax paper. Make about 17 more patties in same manner.
- Heat 1/2 inch oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then fry patties in 2 batches, gently turning over once or twice with tongs, until golden and just cooked through, 2 1/2 to 3 minutes per batch.
- Transfer as fried to paper towels to drain.
- If serving as an hors d'oeuvre, put each patty on a skewer and serve with chutney for dipping. If serving as a first course, divide patties among 6 plates (about 3 per person) and drizzle with chutney.

Patties can be formed and coated (but not fried) 3 hours ahead and chilled, covered.

Nutrition Facts

PROTEIN 31.79% **FAT 54.36%** **CARBS 13.85%**

Properties

Glycemic Index:7, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:9.8134781925575%

Flavonoids

Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 210.61kcal (10.53%), Fat: 12.78g (19.66%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.78g (2.47%), Sugar: 1.14g (1.26%), Cholesterol: 37.93mg (12.64%), Sodium: 325.57mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.63%), Selenium: 34.15µg (48.78%), Vitamin K: 24.48µg (23.32%), Vitamin B12: 1.27µg (21.11%), Vitamin B3: 3.58mg (17.88%), Vitamin D: 2.34µg (15.62%), Phosphorus: 155.24mg (15.52%), Vitamin E: 1.23mg (8.19%), Vitamin B1: 0.12mg (8.18%), Potassium: 272.27mg (7.78%), Folate: 29.17µg (7.29%), Vitamin B6: 0.14mg (7%), Magnesium: 26.53mg (6.63%), Manganese: 0.13mg (6.31%), Vitamin B2: 0.1mg (5.98%), Iron: 0.99mg (5.48%), Vitamin B5: 0.47mg (4.66%), Copper: 0.08mg (4.24%), Calcium: 39.53mg (3.95%), Zinc: 0.46mg (3.07%), Fiber: 0.55g (2.18%), Vitamin A: 85.01IU (1.7%)