



Fish with Curried Cucumber Tomato Water and Tomato Herb Salad



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



1500 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 lb cucumber peeled chopped ()
- ☐ 0.3 teaspoon curry powder (preferably Madras)
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 2 teaspoons chives fresh finely chopped
- ☐ 0.3 cup parsley leaves fresh loosely packed
- ☐ 1 lb heirloom tomatoes assorted halved quartered (larger ones)

- ☐ 1 optional: lemon
- ☐ 1 teaspoon lemon balm fresh finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar to taste ()
- ☐ 0.3 lb tomatoes chopped ()
- ☐ 30 oz mild white-fleshed fish fillets such as flounder

Equipment

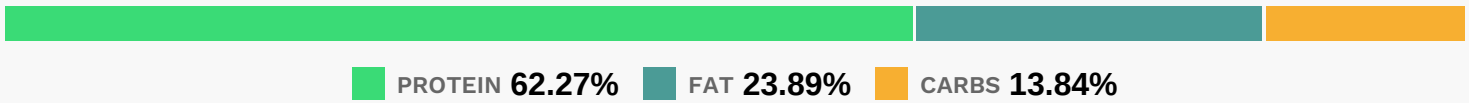
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Purée cucumber, tomato, curry powder, and salt in a blender until smooth, about 30 seconds.
- ☐ Line a fine-mesh sieve with a dampened paper towel and set over a large glass measure, then transfer cucumber mixture to sieve and let drain until liquid measures 2/3 cup, about 20 minutes.
- ☐ If liquid measures less than 2/3 cup, gently squeeze paper towel over sieve until liquid totals 2/3 cup. Discard solids and transfer liquid to a 2- to 3-quart saucepan.
- ☐ Boil cucumber tomato water until reduced to about 1/3 cup, then remove from heat and cool to room temperature, about 30 minutes.
- ☐ Cut peel, including all white pith, from lemon with a sharp paring knife. Working over a bowl, cut segments free from membranes, letting segments fall into bowl, then chop segments, reserving juice in a cup.

- ☐
- Gently toss lemon segments and reserved juice with remaining salad ingredients in a large bowl. Stir in cooled cucumber tomato water.
- ☐
- Put oven rack in middle position and preheat oven to 500°F.
- ☐
- Rinse fish and pat dry.
- ☐
- Brush fillets all over with oil and season with salt and pepper.
- ☐
- Bake fillets in 1 layer in a lightly oiled shallow baking pan until just cooked through, 4 to 8 minutes, depending on thickness of fillets.
- ☐
- Serve tomato herb salad on top of fish.

Nutrition Facts



Properties

Glycemic Index:61.77, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:20.376956711645%

Flavonoids

Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 185.76kcal (9.29%), Fat: 5.09g (7.83%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 4.58g (1.66%), Sugar: 3.66g (4.06%), Cholesterol: 70.87mg (23.62%), Sodium: 177.99mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.68%), Selenium: 59.39µg (84.84%), Vitamin K: 58.27µg (55.5%), Vitamin B12: 2.24µg (37.33%), Vitamin C: 27.35mg (33.15%), Vitamin B3: 6.17mg (30.85%), Vitamin D: 4.39µg (29.29%), Phosphorus: 276.92mg (27.69%), Vitamin A: 1080.61IU (21.61%), Potassium: 747.62mg (21.36%), Vitamin B6: 0.34mg (17.19%), Folate: 60.23µg (15.06%), Magnesium: 56.83mg (14.21%), Manganese: 0.22mg (11.04%), Copper: 0.2mg (10.22%), Vitamin E: 1.5mg (9.97%), Vitamin B5: 0.91mg (9.13%), Fiber: 2.05g (8.22%), Iron: 1.47mg (8.16%), Vitamin B1: 0.11mg (7.66%), Vitamin B2: 0.12mg (7.3%), Zinc: 0.74mg (4.95%), Calcium: 39.43mg (3.94%)