



HEALTH SCORE

66%

Fried Fish Marinated in Garlic, Vinegar, Oregano, and Cumin

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 bay leaves crumbled finely
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 pounds halibut fillet skinless cut into 1-inch pieces
- ☐ 8 servings lemon wedges

- ☐ 8 servings olive oil for frying
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 cup citrus champagne vinegar

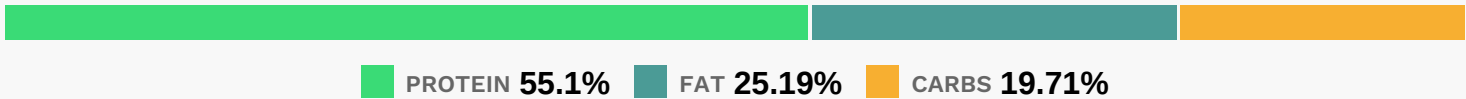
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ tongs

Directions

- ☐ Whisk vinegar, garlic, oregano, thyme, cumin, and bay leaves in medium bowl to blend.
- ☐ Add fish and toss to coat.
- ☐ Let stand at room temperature 1 hour or cover and refrigerate up to 4 hours.
- ☐ Heat enough oil to come 1/2 inch up sides of pan in heavy medium skillet over medium-high heat.
- ☐ Place flour in large bowl.
- ☐ Remove fish from marinade. Toss fish in flour, then shake off excess. Working in batches, fry fish until cooked through and brown all over, turning occasionally with tongs, about 6 minutes per batch.
- ☐ Transfer to paper towels to drain.
- ☐ Sprinkle with salt and pepper.
- ☐ Transfer to platter.
- ☐ Serve warm or at room temperature with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:15.051304195238%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 166.19kcal (8.31%), Fat: 4.52g (6.96%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.89g (2.51%), Sugar: 0.12g (0.13%), Cholesterol: 55.57mg (18.52%), Sodium: 78.99mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.51%), Selenium: 54.64µg (78.06%), Vitamin B3: 7.95mg (39.77%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.66mg (33.23%), Phosphorus: 283.78mg (28.38%), Vitamin B12: 1.25µg (20.79%), Potassium: 541.87mg (15.48%), Manganese: 0.2mg (9.77%), Vitamin K: 9.52µg (9.06%), Vitamin E: 1.34mg (8.91%), Magnesium: 35.45mg (8.86%), Iron: 1.53mg (8.47%), Vitamin B1: 0.13mg (8.38%), Folate: 31.87µg (7.97%), Vitamin B2: 0.09mg (5.3%), Vitamin C: 3.89mg (4.72%), Vitamin B5: 0.45mg (4.53%), Fiber: 1.07g (4.29%), Calcium: 41.56mg (4.16%), Zinc: 0.56mg (3.72%), Vitamin A: 184.66IU (3.69%), Copper: 0.06mg (3.11%)