



Garam Masala Roasted Halibut in a Tomato Curry Sauce



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 handful cilantro leaves chopped
- ☐ 0.5 cup coconut milk
- ☐ 1 teaspoon coriander seeds toasted
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 1 tablespoon garam masala
- ☐ 1 tablespoon garlic chopped

- ☐ 1 tablespoon ginger grated
- ☐ 2 small chillies diced green finely
- ☐ 24 ounce halibut pieces
- ☐ 1 tablespoon oil
- ☐ 1 small onion diced finely
- ☐ 4 servings salt and pepper to taste
- ☐ 1 batch tomato curry sauce (see below)
- ☐ 0.5 teaspoon turmeric

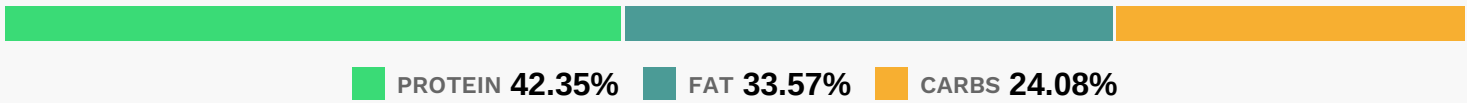
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the oil, garam masala and turmeric.
- ☐ Brush the garam masala mixture over the fish and place it in a baking dish and let sit for 20 minutes.Roast the halibut in a preheated 450F oven until cooked, about 10–15 minutes. (White juices will appear on the fish when it is cooked.)Divide the tomato curry sauce between four plates and place a piece of halibut on top.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:5.44, Inflammation Score:-10, Nutrition Score:30.381739077361%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 331.68kcal (16.58%), Fat: 12.77g (19.64%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 15.14g (5.51%), Sugar: 10.31g (11.46%), Cholesterol: 83.35mg (27.78%), Sodium: 654.85mg (28.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.47%), Selenium: 79.32µg (113.31%), Vitamin B3: 13.79mg (68.93%), Vitamin B6: 1.29mg (64.74%), Vitamin D: 7.99µg (53.3%), Phosphorus: 506.54mg (50.65%), Potassium: 1451.93mg (41.48%), Manganese: 0.71mg (35.48%), Vitamin B12: 1.87µg (31.18%), Vitamin C: 23.74mg (28.78%), Vitamin E: 4.19mg (27.96%), Magnesium: 99.07mg (24.77%), Copper: 0.5mg (24.77%), Iron: 4.4mg (24.47%), Fiber: 5.46g (21.84%), Vitamin B1: 0.26mg (17.2%), Vitamin K: 16.29µg (15.51%), Folate: 54.53µg (13.63%), Vitamin A: 616.07IU (12.32%), Vitamin B5: 1.22mg (12.22%), Calcium: 101.87mg (10.19%), Vitamin B2: 0.17mg (9.83%), Zinc: 1.43mg (9.53%)