



HEALTH SCORE

62%

## Grilled Halibut, Eggplant, and Baby Bok Choy with Korean Barbecue Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 baby bok choy halved lengthwise
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 4 medium size eggplant trimmed halved lengthwise
- ☐ 2 garlic clove minced
- ☐ 2 spring onion thinly sliced
- ☐ 24 ounce pacific halibut filets (each )
- ☐ 1.5 teaspoons serrano chiles with seeds minced

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons rice vinegar
- ☐ 4 tablespoons vegetable oil divided
- ☐ 3 tablespoons water

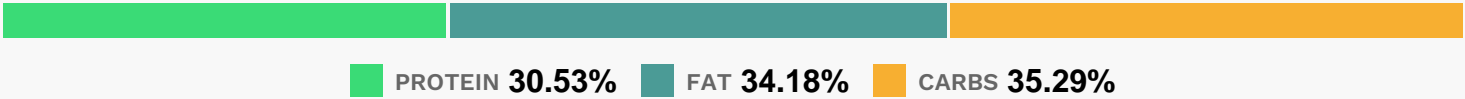
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

## Directions

- ☐ Heat 1 tablespoon olive oil in heavy small saucepan over medium heat.
- ☐ Add garlic and chile; sauté until fragrant and light golden, about 3 minutes.
- ☐ Add soy sauce, brown sugar, vinegar, and 3 tablespoons water and bring to boil, stirring until sugar dissolves. Reduce heat to medium and simmer until mixture is reduced to 3/4 cup, about 5 minutes (sauce will be thin).
- ☐ Remove barbecue sauce from heat; whisk in sesame oil.
- ☐ Transfer 1/4 cup barbecue sauce to small bowl and reserve for serving.
- ☐ Prepare barbecue (medium heat).
- ☐ Combine bok choy and eggplant halves in large bowl.
- ☐ Drizzle 2 tablespoons olive oil over and toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Brush fish with remaining 1 tablespoon olive oil; sprinkle with salt and pepper. Grill vegetables and fish until vegetables are tender and slightly charred and fish is just opaque in center, turning occasionally and brushing with sauce, about 10 minutes total for vegetables and 7 minutes total for fish.
- ☐ Transfer vegetables and fish to plates; sprinkle with green onions.
- ☐ Drizzle with reserved sauce and serve.

# Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:4.33, Inflammation Score:-10, Nutrition Score:45.14173918185%

## Flavonoids

Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg, Delphinidin: 392.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 520.24kcal (26.01%), Fat: 20.23g (31.12%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 30.64g (11.14%), Sugar: 32.28g (35.87%), Cholesterol: 83.35mg (27.78%), Sodium: 1357.63mg (59.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.65g (81.31%), Vitamin A: 10343.29IU (206.87%), Vitamin C: 113.71mg (137.83%), Selenium: 79.57µg (113.67%), Vitamin B3: 14.88mg (74.39%), Vitamin B6: 1.39mg (69.36%), Fiber: 16.37g (65.48%), Manganese: 1.23mg (61.46%), Phosphorus: 542.33mg (54.23%), Potassium: 1873.12mg (53.52%), Vitamin D: 7.99µg (53.3%), Vitamin K: 54.05µg (51.48%), Calcium: 325.18mg (32.52%), Folate: 128.85µg (32.21%), Vitamin B12: 1.87µg (31.18%), Magnesium: 114.19mg (28.55%), Vitamin E: 3.61mg (24.08%), Copper: 0.46mg (22.78%), Iron: 3.64mg (20.21%), Vitamin B5: 1.98mg (19.76%), Vitamin B1: 0.28mg (18.79%), Vitamin B2: 0.26mg (15.11%), Zinc: 1.48mg (9.85%)