



Grilled Halibut Poisson Cru

READY IN



60 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 14 ounce coconut milk canned
- ☐ 1 tablespoon sambal chili sauce
- ☐ 1 cup coconut flakes
- ☐ 4 servings jasmine rice cooked for serving
- ☐ 1 tablespoon plus
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 pounds halibut fresh divided

- ☐ 6 juice of lime
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon kosher sea salt
- ☐ 1 tablespoon tomato paste

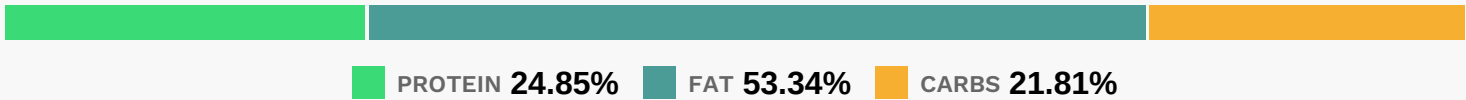
Equipment

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

Directions

- ☐ For the sauce: In a bowl, blend the coconut milk, coconut flakes, chili sauce, corn syrup, parsley, tomato paste, salt and lime juice and allow to marinate for 30 minutes. Then pour through a sieve or strainer into a saucepan.
- ☐ Heat over low heat until warmed.
- ☐ Whisk in the butter off the heat before serving.
- ☐ For the fish: Preheat the grill to 350 degrees F or a grill pan over high heat. Then sprinkle the fish with salt, pepper and the coriander. Cook the fish on both sides until medium-well in temperature, 5 to 6 minutes per side. Once cooked, remove from the heat and rest for 2 to 3 minutes.
- ☐ Serve the fish over jasmine rice. Finish with the sauce.

Nutrition Facts



Properties

Glycemic Index:84.25, Glycemic Load:25.01, Inflammation Score:-7, Nutrition Score:35.682608770288%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 763.38kcal (38.17%), Fat: 46.41g (71.41%), Saturated Fat: 37.43g (233.96%), Carbohydrates: 42.7g (14.23%), Net Carbohydrates: 36.03g (13.1%), Sugar: 10.9g (12.11%), Cholesterol: 126.18mg (42.06%), Sodium: 891.05mg (38.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.66g (97.32%), Selenium: 119.97µg (171.39%), Manganese: 1.94mg (96.78%), Vitamin B3: 16.24mg (81.19%), Phosphorus: 728.24mg (72.82%), Vitamin B6: 1.45mg (72.3%), Vitamin D: 10.66µg (71.06%), Potassium: 1512.7mg (43.22%), Vitamin B12: 2.51µg (41.78%), Magnesium: 125.74mg (31.44%), Copper: 0.58mg (28.98%), Fiber: 6.66g (26.66%), Vitamin C: 19.51mg (23.65%), Iron: 3.2mg (17.79%), Vitamin K: 18.14µg (17.27%), Zinc: 2.43mg (16.2%), Vitamin B5: 1.51mg (15.12%), Vitamin E: 2.17mg (14.48%), Folate: 54.44µg (13.61%), Vitamin B1: 0.19mg (12.7%), Vitamin A: 520.67IU (10.41%), Vitamin B2: 0.12mg (7.06%), Calcium: 61.79mg (6.18%)