



## Grilled Halibut with Tatsoi and Spicy Thai Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 cups baby spinach packed
- ☐ 1 small carrots peeled cut into matchstick-size strips
- ☐ 5 tablespoons fish sauce
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 24 ounce pacific halibut filets
- ☐ 3 tablespoons juice of lime fresh

- ☐ 1 shallots thinly sliced
- ☐ 5 tablespoons sugar
- ☐ 2 thai chile with seeds or 1/2 large jalapeño chile with seeds, minced
- ☐ 3 tablespoons vegetable oil divided
- ☐ 0.3 cup water

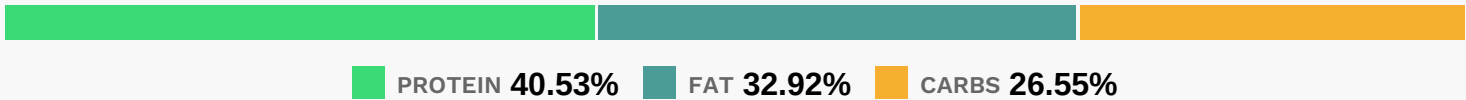
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

## Directions

- ☐ Mix first 7 ingredients in medium glass bowl. Season sauce to taste with salt and pepper. (Sauce can be prepared 2 days ahead. Cover and refrigerate.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place carrot in medium bowl. Cover with ice water.
- ☐ Let stand 15 minutes, then drain well.
- ☐ Brush fish on all sides with 2 tablespoons oil.
- ☐ Sprinkle with salt and pepper. Grill until just opaque in center, about 4 minutes per side.
- ☐ Meanwhile, heat 1 tablespoon oil in large nonstick skillet over medium heat.
- ☐ Add shallot; stir 1 minute.
- ☐ Add tatsoi; sprinkle with salt. Toss until tatsoi is wilted but still bright green, about 2 minutes; divide among 4 plates.
- ☐ Place fish atop tatsoi.
- ☐ Sprinkle each fillet with carrot; drizzle each with 2 tablespoons sauce.
- ☐ Serve, passing remaining sauce separately.

## Nutrition Facts



## Properties

Glycemic Index:68.48, Glycemic Load:11.76, Inflammation Score:-10, Nutrition Score:39.033912969672%

## Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg, Kaempferol: 5.78mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 349.35kcal (17.47%), Fat: 12.94g (19.91%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 20.78g (7.56%), Sugar: 17.59g (19.55%), Cholesterol: 83.35mg (27.78%), Sodium: 1964.32mg (85.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.72%), Vitamin K: 455.47µg (433.78%), Vitamin A: 10667.91IU (213.36%), Selenium: 80.95µg (115.64%), Vitamin B6: 1.27mg (63.41%), Vitamin B3: 12.45mg (62.24%), Vitamin D: 7.99µg (53.3%), Folate: 212.89µg (53.22%), Manganese: 0.95mg (47.69%), Phosphorus: 460.98mg (46.1%), Vitamin C: 34.3mg (41.57%), Potassium: 1406.9mg (40.2%), Magnesium: 155.71mg (38.93%), Vitamin B12: 1.98µg (32.98%), Vitamin E: 3.83mg (25.53%), Iron: 3.08mg (17.13%), Vitamin B2: 0.25mg (14.78%), Calcium: 122.83mg (12.28%), Vitamin B1: 0.18mg (11.87%), Fiber: 2.7g (10.8%), Copper: 0.2mg (10%), Zinc: 1.24mg (8.23%), Vitamin B5: 0.75mg (7.52%)