



## Grilled Pompano with Tangy Ginger Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cilantro sprigs
- 24 ounce pompano fillets
- 1.5 tablespoons ginger fresh finely grated
- 1 garlic clove minced
- 2 tablespoons juice of lime fresh
- 4 servings salt and pepper freshly ground
- 1 tablespoon soya sauce
- 2 tablespoons sugar

# Equipment

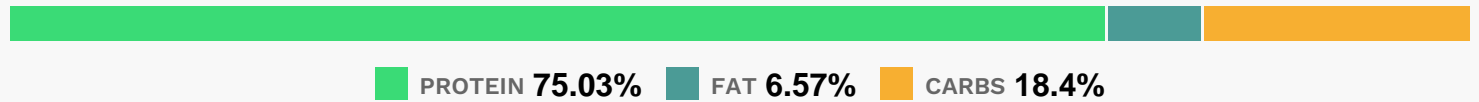
bowl

grill

# Directions

- Light a grill. In a small bowl, mix the sugar with the lime juice, ginger, fish sauce and garlic. Season the pompano fillets with salt and pepper and grill over a hot fire for about 3 minutes per side, or until just cooked through.
- Transfer the fish to a platter or plates. Spoon the sauce over the top, garnish with the cilantro and serve.

# Nutrition Facts



# Properties

Glycemic Index:36.77, Glycemic Load:4.32, Inflammation Score:-4, Nutrition Score:12.70608679108%

# Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

# Nutrients (% of daily need)

Calories: 169.48kcal (8.47%), Fat: 1.19g (1.84%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 7.4g (2.69%), Sugar: 6.34g (7.04%), Cholesterol: 73.14mg (24.38%), Sodium: 640.03mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Selenium: 56.89µg (81.27%), Phosphorus: 349.18mg (34.92%), Vitamin B12: 1.57µg (26.16%), Vitamin B6: 0.45mg (22.62%), Potassium: 743.51mg (21.24%), Vitamin B3: 3.66mg (18.3%), Magnesium: 64.49mg (16.12%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.13mg (8.97%), Vitamin E: 1.14mg (7.58%), Vitamin B2: 0.12mg (6.98%), Vitamin C: 4.61mg (5.59%), Zinc: 0.8mg (5.36%), Iron: 0.74mg (4.11%), Folate: 15.88µg (3.97%), Calcium: 32.83mg (3.28%), Vitamin K: 3.33µg (3.17%), Copper: 0.06mg (3.14%), Manganese: 0.06mg (3.05%), Vitamin B5: 0.29mg (2.9%), Vitamin A: 139.88IU (2.8%)