



Grilled Sturgeon with Roasted Poblano Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 servings roasted poblano salad
- ☐ 36 ounce sturgeon steaks

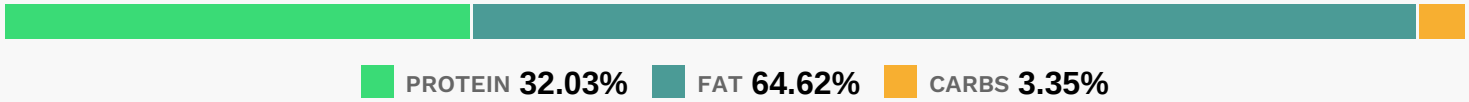
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Combine first 5 ingredients in a small bowl; brush mixture on both sides of sturgeon steaks. Cover with plastic wrap; chill 1 to 2 hours.
- ☐ Grill, without grill lid, over medium heat (300 to 35
- ☐ to 12 minutes or until fish flakes, turning once.
- ☐ Serve warm with Roasted Poblano Salad.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:20.450000133203%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 431.13kcal (21.56%), Fat: 31.24g (48.06%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.56g (1.74%), Cholesterol: 103.76mg (34.59%), Sodium: 478.7mg (20.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.69%), Vitamin C: 50.11mg (60.74%), Selenium: 41.54µg (59.34%), Zinc: 8.83mg (58.86%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.64mg (43.21%), Vitamin B6: 0.82mg (40.84%), Phosphorus: 259.82mg (25.98%), Vitamin B2: 0.43mg (25.04%), Iron: 3.41mg (18.97%), Potassium: 577.09mg (16.49%), Vitamin B1: 0.19mg (12.52%), Vitamin K: 11.5µg (10.96%), Magnesium: 43.79mg (10.95%), Copper: 0.18mg (8.97%), Vitamin E: 1.26mg (8.38%), Manganese: 0.11mg (5.37%), Vitamin A: 254.56IU (5.09%), Fiber: 1.12g (4.47%), Folate: 11.86µg (2.97%), Calcium: 23.06mg (2.31%), Vitamin D: 0.17µg (1.13%)