



 **65%**
HEALTH SCORE

Grilled Whole Fish with Four Pepper-Ginger Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



1471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cilantro leaves fresh plus more for garnish finely chopped
- 2 inch ginger fresh peeled chopped
- 3 tablespoons mint leaves fresh finely chopped
- 2 cups granulated sugar
- 0.5 habanero chile
- 4 servings olive oil
- 0.5 poblano chile diced finely

- 0.5 bell pepper diced red finely
- 4 snapper whole red
- 3 cups red wine vinegar
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 1 tablespoon thai basil leaves fresh plus more for garnish finely chopped
- 1 cup distilled vinegar white
- 0.5 bell pepper diced yellow finely

Equipment

- bowl
- sauce pan
- sieve
- grill

Directions

- Place the vinegar, sugar, habanero and ginger in a medium saucepan and cook over high heat until reduced to 1 1/2 cups, stirring occasionally. If the sauce becomes too thick, thin with a little bit of water.
- Strain the sauce through a strainer into a bowl, stir in the red and yellow peppers, poblano, mint, Thai basil, cilantro and season with salt, to taste.
- Heat the grill over high heat.
- Season the cavity of the fish with salt and pepper.
- Brush the fish with oil on both sides and season with salt and pepper. Grill for 4 to 5 minutes on 1 side. Turn the grill down to medium and cook for another 6 to 7 minutes with the grill hood closed.
- Remove to a platter and immediately drizzle with the sauce.
- Garnish with Thai basil and cilantro.

Nutrition Facts



■ PROTEIN **53.09%** ■ FAT **17.12%** ■ CARBS **29.79%**

Properties

Glycemic Index:89.02, Glycemic Load:70.19, Inflammation Score:-10, Nutrition Score:49.336956583935%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 1471.47kcal (73.57%), Fat: 26.56g (40.85%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 104.01g (34.67%), Net Carbohydrates: 102.88g (37.41%), Sugar: 100.94g (112.15%), Cholesterol: 333mg (111%), Sodium: 789.84mg (34.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 185.34g (370.68%), Vitamin D: 91.8µg (612%), Selenium: 344.82µg (492.6%), Vitamin B12: 27µg (450%), Vitamin B6: 3.72mg (185.98%), Phosphorus: 1814.25mg (181.43%), Potassium: 3958.53mg (113.1%), Vitamin C: 76.87mg (93.18%), Magnesium: 306.18mg (76.54%), Vitamin E: 10.97mg (73.14%), Vitamin B5: 6.86mg (68.62%), Vitamin A: 1709.39IU (34.19%), Calcium: 319.25mg (31.92%), Vitamin B1: 0.44mg (29.32%), Zinc: 3.45mg (23.03%), Manganese: 0.36mg (18.23%), Copper: 0.33mg (16.73%), Iron: 3.01mg (16.72%), Folate: 62.56µg (15.64%), Vitamin B3: 3.02mg (15.09%), Vitamin K: 13.88µg (13.22%), Vitamin B2: 0.08mg (4.68%), Fiber: 1.12g (4.5%)