



Halibut with Cumin-Pepper Curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 0.3 teaspoon ground turmeric
- ☐ 24 ounce pacific halibut filets
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.8 cup coconut milk light
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water

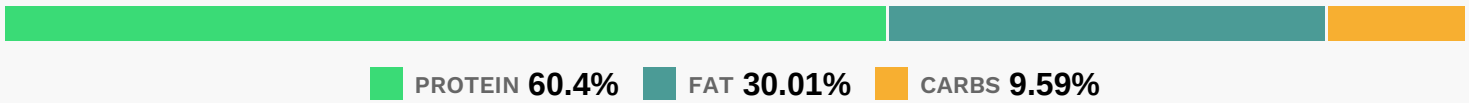
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a small bowl.
- ☐ Add 1/4 teaspoon of black pepper, stirring until well blended.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 3 minutes, stirring occasionally.
- ☐ Add ginger mixture; cook 1 minute, stirring frequently.
- ☐ Add broth; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Add coconut milk and juice; simmer 2 minutes.
- ☐ Sprinkle fish with remaining 1/4 teaspoon black pepper and salt.
- ☐ Add fish to pan; cook 8 minutes or until fish flakes easily when tested with a fork or until the desired degree of doneness.
- ☐ Garnish with the chopped fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:19.775217460549%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 224.82kcal (11.24%), Fat: 7.23g (11.13%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.5g (1.64%), Sugar: 0.94g (1.05%), Cholesterol: 83.35mg (27.78%), Sodium: 848.02mg (36.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.5%), Selenium: 80.45µg (114.93%), Vitamin B3: 11.74mg (58.7%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 1.01mg (50.55%), Phosphorus: 426.97mg (42.7%), Vitamin B12: 2.07µg (34.49%), Potassium: 839.42mg (23.98%), Magnesium: 47.67mg (11.92%), Vitamin E: 1.48mg (9.89%), Manganese: 0.17mg (8.44%), Vitamin C: 6.29mg (7.63%), Vitamin B5: 0.76mg (7.56%), Vitamin B1: 0.11mg (7.39%), Folate: 26.01µg (6.5%), Iron: 1.02mg (5.65%), Zinc: 0.76mg (5.05%), Vitamin B2: 0.09mg (5.01%), Copper: 0.09mg (4.6%), Calcium: 34.8mg (3.48%), Vitamin A: 159.89IU (3.2%), Fiber: 0.7g (2.79%), Vitamin K: 2.1µg (2%)