



Halibut with Spicy Mint-Cilantro Chutney

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 0.1 teaspoon cumin seeds
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon garam masala
- ☐ 1 garlic clove crushed

- ☐ 0.5 cup spring onion chopped
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chiles halved
- ☐ 0.1 teaspoon sugar
- ☐ 0.3 cup greek yogurt 2% greek-style (such as Fage)

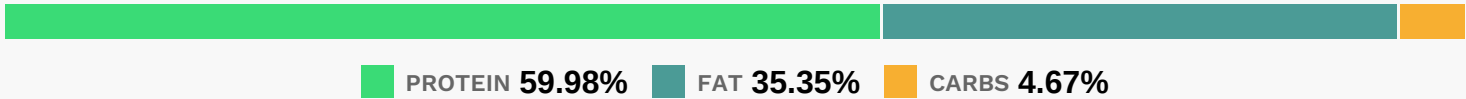
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Remove seeds from half of serrano pepper; leave seeds in other half of pepper.
- ☐ Place both pepper halves in a mini food processor; pulse 5 times or until minced.
- ☐ Add cilantro and next 9 ingredients (through garlic); process until smooth. Stir in mint.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Combine garam masala and 1/4 teaspoon salt; sprinkle evenly over fish.
- ☐ Add oil and butter to pan; swirl until butter melts.
- ☐ Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve chutney with fish.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:21.150869721952%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 228.58kcal (11.43%), Fat: 8.77g (13.49%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.96g (1.07%), Cholesterol: 91.5mg (30.5%), Sodium: 364.99mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.93%), Selenium: 79.05µg (112.93%), Vitamin B3: 11.27mg (56.33%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.97mg (48.62%), Phosphorus: 428.97mg (42.9%), Vitamin K: 35.01µg (33.34%), Vitamin B12: 1.96µg (32.74%), Potassium: 829.25mg (23.69%), Vitamin E: 1.87mg (12.45%), Vitamin A: 582.74IU (11.65%), Magnesium: 46.56mg (11.64%), Folate: 34.26µg (8.56%), Vitamin B1: 0.1mg (6.76%), Vitamin B5: 0.67mg (6.68%), Vitamin C: 5.34mg (6.47%), Vitamin B2: 0.11mg (6.46%), Zinc: 0.79mg (5.24%), Manganese: 0.1mg (4.83%), Calcium: 45.43mg (4.54%), Iron: 0.7mg (3.89%), Copper: 0.07mg (3.51%), Fiber: 0.72g (2.87%)