



Hoisin Halibut

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

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon chile paste with garlic
- 0.5 cup less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh grated peeled
- 1 cup green onions sliced
- 6 ounce halibut steaks ()
- 0.3 cup hoisin sauce divided
- 3 tablespoons soya sauce low-sodium

- 8 ounces rice sticks or uncooked (rice-flour noodles)
- 3 tablespoons rice vinegar
- 1 tablespoon vegetable oil

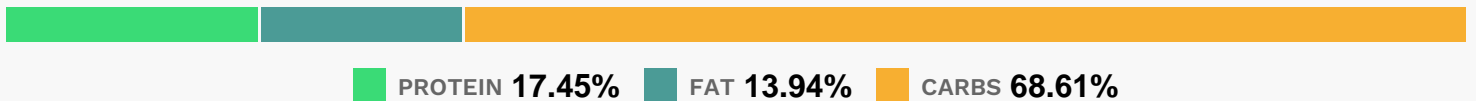
Equipment

- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- Cook noodles according to package directions.
- Combine noodles, 2 tablespoons hoisin sauce, and next 8 ingredients in a large bowl; keep warm.
- Rub fish with 2 tablespoons hoisin sauce.
- Place fish on a broiler pan coated with cooking spray; broil 4 minutes on each side or until fish flakes easily when tested with a fork.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:13.86, Inflammation Score:-3, Nutrition Score:7.0965217714724%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 167.25kcal (8.36%), Fat: 2.54g (3.9%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 27.08g (9.85%), Sugar: 2.8g (3.11%), Cholesterol: 10.68mg (3.56%), Sodium: 431.49mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin K: 29.13µg (27.74%), Selenium: 14.59µg

(20.85%), Manganese: 0.39mg (19.44%), Vitamin B3: 2.17mg (10.84%), Phosphorus: 103.1mg (10.31%), Vitamin B6: 0.19mg (9.5%), Vitamin D: 1µg (6.66%), Potassium: 201.67mg (5.76%), Magnesium: 21.39mg (5.35%), Copper: 0.1mg (4.89%), Folate: 17.74µg (4.44%), Vitamin B12: 0.26µg (4.37%), Vitamin B5: 0.41mg (4.14%), Fiber: 1g (4.02%), Vitamin B2: 0.07mg (3.95%), Iron: 0.65mg (3.6%), Zinc: 0.52mg (3.45%), Vitamin C: 2.53mg (3.06%), Vitamin A: 140.8IU (2.82%), Vitamin E: 0.42mg (2.81%), Vitamin B1: 0.04mg (2.79%), Calcium: 24.31mg (2.43%)