



Ikan Bakar (Barbecue Fish)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce dressed aji fresh whole
- ☐ 1 tablespoon canola oil
- ☐ 1 finger chile pepper hot thinly sliced
- ☐ 5 large garlic cloves peeled
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 tablespoon less-sodium soy sauce

- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 tablespoon bell pepper red finely chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 small shallots peeled
- ☐ 0.3 cup shallots thinly sliced (1 small)
- ☐ 5 thai chiles fresh stemmed

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ To prepare fish, rinse fish with cold water; pat dry.
- ☐ Combine 1 teaspoon juice, turmeric, and 1/2 teaspoon salt; rub evenly over fish.
- ☐ Combine remaining 1/4 teaspoon salt, bell pepper, garlic, Thai chiles, and 1 shallot in a food processor; process until finely ground.
- ☐ Heat a small skillet over medium heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add garlic mixture; cook 5 minutes or until mixture begins to brown, stirring frequently.
- ☐ Remove from heat; cool 15 minutes. Spoon 1 tablespoon garlic mixture into the cavity of each fish. Arrange fish on a grill rack coated with cooking spray; grill 2 minutes on each side or until desired degree of doneness.
- ☐ To prepare sauce, combine 1/3 cup shallots and remaining ingredients in a small bowl.
- ☐ Serve with fish.

Nutrition Facts



 PROTEIN 21.6%  FAT 50.1%  CARBS 28.3%

Properties

Glycemic Index:51, Glycemic Load:1.93, Inflammation Score:-9, Nutrition Score:8.1256521059119%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 114.31kcal (5.72%), Fat: 6.65g (10.24%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.98g (2.54%), Sugar: 3.47g (3.86%), Cholesterol: 10.77mg (3.59%), Sodium: 585.72mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Vitamin C: 44.97mg (54.51%), Manganese: 0.26mg (12.85%), Vitamin B6: 0.25mg (12.5%), Vitamin A: 562.08IU (11.24%), Calcium: 101.47mg (10.15%), Phosphorus: 101.28mg (10.13%), Vitamin B3: 1.85mg (9.25%), Potassium: 266.83mg (7.62%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 0.95mg (6.32%), Fiber: 1.48g (5.92%), Selenium: 3.8µg (5.43%), Iron: 0.95mg (5.28%), Vitamin K: 5.51µg (5.25%), Magnesium: 20.64mg (5.16%), Folate: 20.1µg (5.03%), Zinc: 0.72mg (4.79%), Vitamin B1: 0.06mg (3.69%), Copper: 0.06mg (3.11%), Vitamin B5: 0.18mg (1.78%)