



Indian-Spiced Fish with Cucumber Relish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 4 servings cilantro sprigs fresh
- ☐ 1.5 cups hothouse cucumber diced english
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 teaspoons ginger fresh divided minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin

- ☐ 20 ounce mahi-mahi fillets (each)
- ☐ 4 servings olive oil
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 2 tablespoons seasoned rice vinegar

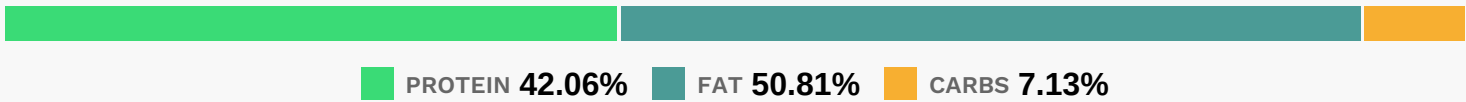
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk yogurt, 2 teaspoons ginger, garlic, curry powder, cumin, and cayenne pepper in medium bowl to blend.
- ☐ Add fish and turn to coat evenly. Cover and refrigerate at least 4 hours or overnight, turning fish occasionally.
- ☐ Mix cucumber, vinegar, chopped cilantro, and remaining 2 teaspoons ginger in small bowl. Season lightly to taste with pepper. (Relish can be made 4 hours ahead. Cover and refrigerate, stirring occasionally.)
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush grill rack with olive oil. Scrape off excess yogurt marinade from fish; sprinkle fish with salt and pepper. Grill fish until just opaque in center, about 6 minutes per side.
- ☐ Transfer fish to plates. Spoon cucumber relish alongside; garnish with cilantro sprigs.
- ☐ *Also known as sushi vinegar; available at Asian markets and in the Asian foods section of most supermarkets.
- ☐ Per serving (for halibut steaks): calories, 200; total fat, 4 g; saturated fat, 1 g; cholesterol, 64 mg; fiber, 0
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:15.24869567415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 276.42kcal (13.82%), Fat: 15.34g (23.6%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.18g (1.52%), Sugar: 3.13g (3.47%), Cholesterol: 104.09mg (34.7%), Sodium: 151.53mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.14%), Selenium: 53.28µg (76.11%), Vitamin B3: 8.78mg (43.89%), Vitamin B6: 0.64mg (32.02%), Phosphorus: 269.12mg (26.91%), Potassium: 769.69mg (21.99%), Vitamin B12: 1.04µg (17.29%), Magnesium: 58.92mg (14.73%), Vitamin E: 2.19mg (14.6%), Vitamin B5: 1.39mg (13.94%), Iron: 2.35mg (13.04%), Vitamin K: 13.61µg (12.97%), Vitamin B2: 0.19mg (11.16%), Calcium: 100.18mg (10.02%), Zinc: 1.11mg (7.37%), Vitamin A: 350.86IU (7.02%), Manganese: 0.13mg (6.7%), Copper: 0.12mg (5.85%), Folate: 19.08µg (4.77%), Vitamin B1: 0.07mg (4.45%), Vitamin C: 2.66mg (3.23%), Fiber: 0.66g (2.66%)