



WHATSheATE



Indian-Spiced Sturgeon with Mint Yogurt Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon cayenne to taste
- ☐ 1 teaspoon fennel seeds toasted
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 16 oz yogurt plain
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon turmeric

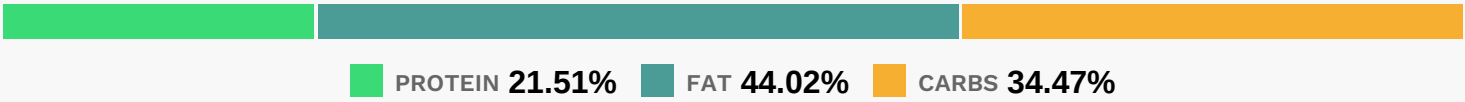
Equipment

- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Finely grind fennel seeds in grinder.
- ☐ Whisk together fennel and 1 cup yogurt with garlic, ginger, cumin, coriander, black pepper, turmeric, cayenne, and 1/2 teaspoon salt. Coat fish with yogurt mixture and marinate in a shallow baking dish, covered and chilled, 1 hour.
- ☐ While fish is marinating, whisk together remaining cup yogurt, mint, zest, and remaining 1/2 teaspoon salt to make sauce.
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderate.
- ☐ Lift fish out of marinade, letting excess drip off (discard marinade), and grill fish, covered only if using a gas grill, on lightly oiled grill rack, turning over once, until just cooked through, about 12 minutes total. (If using halibut, grill skin sides down first and grill, turning once, 8 to 9 minutes total.)
- ☐ Serve fish with sauce.
- ☐ If you aren't able to grill outdoors, sturgeon can be grilled in a well-seasoned large ridged grill pan (without crowding) over moderately high heat, turning once, until just cooked through, about 12 minutes total. (Halibut will take 8 to 9 minutes total.)

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:3.1000000057013%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.86kcal (2.59%), Fat: 2.62g (4.03%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 4.11g (1.5%), Sugar: 3.55g (3.95%), Cholesterol: 9.83mg (3.28%), Sodium: 423.96mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Calcium: 106.27mg (10.63%), Phosphorus: 78.16mg (7.82%), Vitamin B2: 0.12mg (6.93%), Vitamin B12: 0.28µg (4.66%), Manganese: 0.09mg (4.55%), Potassium: 149.93mg (4.28%), Vitamin A: 201.53IU (4.03%), Magnesium: 14.19mg (3.55%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.08%), Selenium: 1.8µg (2.58%), Iron: 0.43mg (2.36%), Vitamin C: 1.73mg (2.1%), Folate: 8.32µg (2.08%), Fiber: 0.5g (2.02%), Vitamin B6: 0.04mg (1.97%), Vitamin B1: 0.03mg (1.89%), Copper: 0.03mg (1.31%)