



Japanese-Style Grilled Fish

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 fillet fish fillet (bluefish, mackerel, or other oily fish)
- 2 tablespoons ginger fresh grated
- 1 slices optional: lemon for serving
- 0.3 cup mirin sweet
- 4 servings olive oil
- 0.3 cup wine dry white
- 4 servings pepper black freshly ground to taste
- 0.3 cup soya sauce

2 tablespoons sugar

Equipment

sauce pan

baking pan

grill

Directions

To make the marinade, combine all the ingredients in a small saucepan. Bring to a boil over medium-high heat, and then immediately remove from the heat. Cover and let cool to room temperature.

Arrange the fish fillets in a deep baking dish and pour the marinade over. Cover and refrigerate for 4 hours or overnight, turning the fish occasionally.

Prepare a hot fire in a grill. Oil the grill grate or a perforated grill rack.

Remove the fish from the marinade and pat dry.

Brush or spray the fillets on both sides with olive oil.

Place the fish, flesh side down, on the grill rack and grill for 10 minutes per inch of thickness, turning once halfway through. A fish fillet is done when it begins to flake when tested with a fork in the thickest part.

Remove from the grill, season with salt and pepper, and serve hot, garnished with fresh lemon slices.

From 25 Essentials: Techniques for Grilling Fish by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

Nutrition Facts



PROTEIN 3.84% **FAT 66.56%** **CARBS 29.6%**

Properties

Glycemic Index:43.15, Glycemic Load:4.48, Inflammation Score:-1, Nutrition Score:2.3086956598513%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.06kcal (9.7%), Fat: 14.09g (21.67%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 13.84g (5.03%), Sugar: 9.95g (11.06%), Cholesterol: 0.5mg (0.17%), Sodium: 924.93mg (40.21%), Alcohol: 3.02g (100%), Alcohol %: 5.42% (100%), Protein: 1.83g (3.66%), Vitamin E: 2.03mg (13.55%), Vitamin K: 8.67µg (8.26%), Manganese: 0.11mg (5.59%), Vitamin B3: 0.66mg (3.29%), Iron: 0.51mg (2.85%), Phosphorus: 24.88mg (2.49%), Magnesium: 9.39mg (2.35%), Vitamin B6: 0.05mg (2.27%), Potassium: 62.94mg (1.8%), Vitamin B2: 0.03mg (1.63%), Copper: 0.03mg (1.56%), Vitamin C: 1.1mg (1.34%), Fiber: 0.26g (1.04%)