



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 sake dry white
- ☐ 4 servings sea salt and pepper black freshly ground to taste
- ☐ 0.3 cup soya sauce

☐ 2 tablespoons sugar

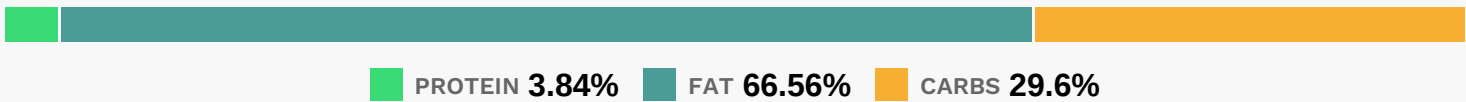
Equipment

- ☐ 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



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%)