



Lone Star Fish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne
- ☐ 6 tablespoons california chilies dried
- ☐ 1 bay leaf dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound rock fish (see notes)
- ☐ 3 tablespoons salad oil

☐ 0.5 teaspoon salt

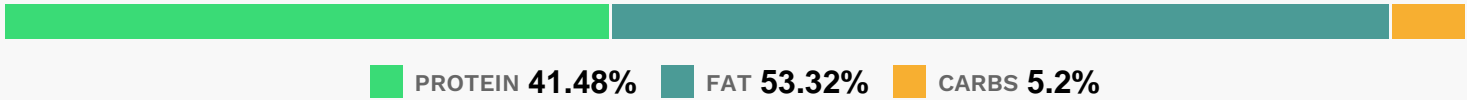
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ In a large bowl, mix ground dried chilies, oil, pepper, 1/2 teaspoon salt, garlic powder, cayenne, cumin, cloves, and bay leaf.
- ☐ Rinse fish and pat dry.
- ☐ Add to bowl and turn to coat with marinade; cover and chill at least 1 hour or up to 1 day, mixing several times.
- ☐ Lift fish from marinade and arrange pieces in a single layer in a 9- by 13-inch pan. Discard marinade.
- ☐ Broil fish 4 to 5 inches from heat until opaque but still moist-looking in center of thickest part (cut to test), about 5 minutes for 1/2-inch-thick pieces. With a slotted spatula, transfer fish to towels to blot oil, then set on a platter.
- ☐ Cut fish along the grain into 1/2-inch slices, and season to taste with salt.
- ☐ Lone Star Cilantro Jalapeo Mayonnaise: In a blender or food processor, combine 1 3/4 cups mayonnaise, 2 tablespoons water, 2 tablespoons distilled white vinegar, 1 rinsed and stemmed fresh jalapeo chili (remove seeds for more heat), 1 peeled garlic clove, 1/2 cup lightly packed fresh cilantro, and 1/4 teaspoon pepper. Whirl until smooth.
- ☐ Add salt to taste.
- ☐ Makes about 2 1/4 cups.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:10.446521665739%

Nutrients (% of daily need)

Calories: 138.37kcal (6.92%), Fat: 8.15g (12.54%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.82g (0.91%), Cholesterol: 37.8mg (12.6%), Sodium: 251.6mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.27g (28.54%), Selenium: 47.79µg (68.28%), Vitamin C: 21.71mg (26.31%), Vitamin D: 2.87µg (19.15%), Vitamin B12: 1.05µg (17.51%), Phosphorus: 164.06mg (16.41%), Vitamin B6: 0.24mg (12.22%), Vitamin E: 1.66mg (11.06%), Vitamin B3: 2.02mg (10.11%), Potassium: 351.77mg (10.05%), Vitamin B2: 0.16mg (9.24%), Vitamin K: 7.51µg (7.15%), Magnesium: 25.23mg (6.31%), Vitamin A: 227.55IU (4.55%), Manganese: 0.07mg (3.54%), Iron: 0.54mg (3.02%), Vitamin B5: 0.29mg (2.86%), Folate: 10.62µg (2.66%), Copper: 0.05mg (2.54%), Zinc: 0.33mg (2.23%), Vitamin B1: 0.03mg (2.07%), Calcium: 15.68mg (1.57%), Fiber: 0.36g (1.43%)