

Enjoy Indian Food

Machhere Jhol (Bengali Fish Curry)

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon cumin seeds
- 0.3 teaspoon fennel seeds crushed
- 0.3 teaspoon fenugreek seeds
- 2 teaspoons ground cumin
- 1 tablespoon ground turmeric
- 0.5 teaspoon mustard seeds
- 0.5 teaspoon salt
- 2 large tomatoes coarsely chopped

- 1 tablespoon vegetable oil
- 2 cups water
- 2 pounds whitefish fillets thick cut into large chunks

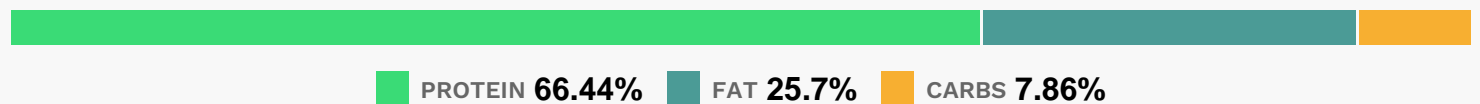
Equipment

- frying pan
- sauce pan

Directions

- Bring the tomatoes, cumin, turmeric, salt, and water to a boil in a four quart saucepan; reduce heat to medium and maintain a simmer.
- Heat the oil in a skillet over medium-high heat; cook the fish in the oiled skillet until golden brown, 2 to 3 minutes per side.
- Transfer the fish to the saucepan.
- Heat a separate skillet over medium heat, and toast the mustard seeds, cumin seeds, black cumin seeds, fennel seeds, and fenugreek seeds until fragrant, just a few seconds. Stir the spices into the saucepan. Simmer until the flavors integrate, about 10 minutes more.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:23.816956478616%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 278.19kcal (13.91%), Fat: 8.06g (12.4%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.5g (2.78%), Cholesterol: 113.4mg (37.8%), Sodium: 422.17mg (18.36%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.88g (93.75%), Selenium: 95.74µg (136.77%), Vitamin B12: 3.58µg (59.72%), Vitamin B3: 9.57mg (47.84%), Vitamin D: 7.03µg (46.87%), Phosphorus: 422.77mg (42.28%), Potassium: 974mg (27.83%), Vitamin B6: 0.48mg (24.04%), Magnesium: 82.73mg (20.68%), Manganese: 0.39mg (19.38%), Iron: 3.21mg (17.86%), Folate: 69.64µg (17.41%), Vitamin K: 16.94µg (16.13%), Vitamin C: 13.08mg (15.85%), Vitamin A: 774.34IU (15.49%), Copper: 0.27mg (13.54%), Vitamin E: 1.79mg (11.94%), Vitamin B5: 1.19mg (11.89%), Vitamin B2: 0.17mg (10.04%), Vitamin B1: 0.14mg (9.43%), Zinc: 1.09mg (7.24%), Fiber: 1.75g (7%), Calcium: 53.28mg (5.33%)