



Malaysian Barbecue-Glazed Halibut



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chili paste depending on your taste pref with garlic (such as sambal oelek)
- ☐ 0.3 teaspoon cornstarch
- ☐ 1 teaspoon fish sauce
- ☐ 24 ounce pacific halibut filets
- ☐ 1.5 teaspoons hoisin sauce
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon orange juice

- ☐ 1.5 teaspoons rice vinegar
- ☐ 0.3 teaspoon salt

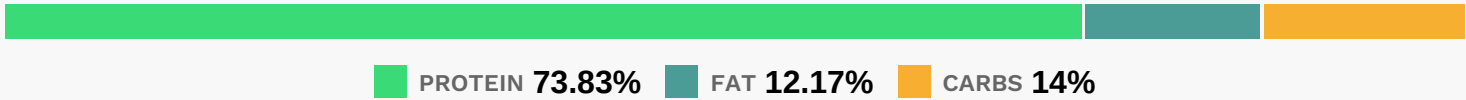
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sprinkle fish fillets evenly with salt.
- ☐ Heat a nonstick skillet over medium-high heat. Coat the pan with cooking spray.
- ☐ Add fish to pan; saut 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Combine lemon juice and the next 7 ingredients (through cornstarch) in a small saucepan over medium-high heat, stirring well; bring to a boil. Cook 20 seconds, stirring constantly.
- ☐ Remove from heat.
- ☐ Brush about 1 tablespoon sauce over each fillet.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:51.07, Glycemic Load:2.48, Inflammation Score:0, Nutrition Score:17.737391299042%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.77kcal (8.94%), Fat: 2.33g (3.59%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.96g (2.17%), Sugar: 5.28g (5.87%), Cholesterol: 83.39mg (27.8%), Sodium: 403.52mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.68%), Selenium: 77.8µg (111.14%), Vitamin B3: 11.16mg

(55.81%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.94mg (47.23%), Phosphorus: 403.75mg (40.38%), Vitamin B12: 1.88µg (31.3%), Potassium: 763.5mg (21.81%), Magnesium: 43.01mg (10.75%), Vitamin E: 1.05mg (7%), Vitamin B1: 0.09mg (6.04%), Vitamin B5: 0.6mg (6.03%), Folate: 23.71µg (5.93%), Vitamin C: 3.72mg (4.5%), Zinc: 0.64mg (4.25%), Vitamin B2: 0.06mg (3.49%), Vitamin A: 124.2IU (2.48%), Copper: 0.05mg (2.36%), Iron: 0.34mg (1.89%), Manganese: 0.03mg (1.64%), Calcium: 14.37mg (1.44%)