

## Nutty crusted fish



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 tbsp hazelnuts
- ☐ 2 shallots quartered
- ☐ 1 small garlic clove
- ☐ 2 tbsp cilantro leaves chopped
- ☐ 1 tsp wasabi (powder or paste)
- ☐ 1 juice of lime
- ☐ 560 g fish fillet white (haddock or cod)

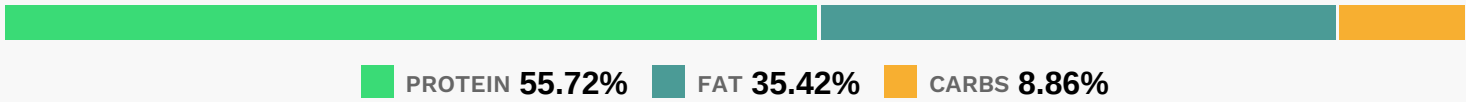
## Equipment

- ☐ oven
- ☐ baking pan
- ☐ mortar and pestle

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ To make the crust, use a mortar and pestle or processor to grind the hazelnuts with the shallots, garlic, coriander, wasabi and lime juice.
- ☐ Lay the fish fillets in a baking dish and smear the tops with the nutty mixture. Spoon a little water round the fillets, just enough to thinly cover the bottom of the baking dish.
- ☐ Bake in the oven for 15–20 mins until the fish is cooked through.
- ☐ Serve with rice, lime wedges and a green salad.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:16.782173743714%

## Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 209.78kcal (10.49%), Fat: 8.49g (13.05%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.31g (1.21%), Sugar: 1.55g (1.73%), Cholesterol: 70mg (23.33%), Sodium: 74.75mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.03g (60.06%), Selenium: 59.03µg (84.32%), Vitamin B12: 2.21µg (36.87%), Manganese: 0.72mg (36.12%), Vitamin D: 4.34µg (28.93%), Vitamin B3: 5.69mg (28.46%), Phosphorus: 277.19mg (27.72%), Vitamin B6: 0.34mg (17%), Potassium: 548.21mg (15.66%), Copper: 0.29mg (14.67%),

Magnesium: 57.91mg (14.48%), Vitamin E: 2.09mg (13.91%), Folate: 50.14µg (12.53%), Vitamin B1: 0.13mg (8.89%), Vitamin B5: 0.83mg (8.26%), Iron: 1.43mg (7.96%), Vitamin B2: 0.1mg (6.17%), Fiber: 1.46g (5.84%), Vitamin C: 4.38mg (5.31%), Zinc: 0.78mg (5.21%), Vitamin K: 4.16µg (3.96%), Calcium: 33.21mg (3.32%)