



Panfried fish with fresh beetroot salsa

READY IN



35 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 small beets diced cooked
- ☐ 8 spring onion chopped
- ☐ 1 to 5 chillies red seeded chopped
- ☐ 2 tbsp mint leaves fresh chopped
- ☐ 2 tbsp juice of lemon
- ☐ 5 tbsp olive oil
- ☐ 4 fillets fish fillet white firm
- ☐ 4 servings flour plain
- ☐ 25 g butter

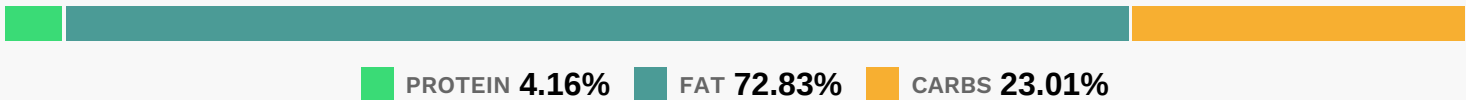
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the diced cooked beetroot into a bowl.
- ☐ Add the chopped spring onions, seeded and chopped red chilli, chopped fresh mint, lemon juice and olive oil. Season and stir well.
- ☐ Dust the fillets of unskinned firm white fish with a little plain flour. Melt the butter in a large pan with the olive oil. Fry the fish fillets on each side for 3–4 minutes until just tender.
- ☐ Serve with the beetroot salsa.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:8.12, Inflammation Score:-7, Nutrition Score:11.328260666002%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 274.41kcal (13.72%), Fat: 22.91g (35.24%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 13.1g (4.77%), Sugar: 6.44g (7.15%), Cholesterol: 13.94mg (4.65%), Sodium: 104.88mg (4.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 62.41µg (59.44%), Vitamin C: 27.51mg (33.35%), Folate: 116.26µg (29.07%), Vitamin E: 2.92mg (19.5%), Manganese: 0.37mg (18.4%), Fiber: 3.18g (12.73%), Vitamin A: 561.75IU (11.24%), Potassium: 371.21mg (10.61%), Iron: 1.57mg (8.73%), Vitamin B1: 0.11mg (7.11%), Magnesium: 27.77mg (6.94%), Vitamin B6: 0.13mg (6.57%), Vitamin B2: 0.1mg (6%), Phosphorus: 56.2mg (5.62%), Selenium: 3.76µg (5.37%), Copper: 0.11mg (5.3%), Vitamin B3: 1.02mg (5.11%), Calcium: 36.15mg (3.61%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.21mg (2.14%)