



Peking Fish



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli cut into flowerets and 2x1/2-inch pieces (4 cups)
- ☐ 3 small carrots sliced
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons sherry dry
- ☐ 2 garlic clove finely chopped
- ☐ 2 tablespoons ginger grated
- ☐ 1 pound pacific halibut filets

- ☐ 0.3 cup hoisin sauce
- ☐ 1 small onion red cut into wedges
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons water
- ☐ 1 medium bell pepper red yellow

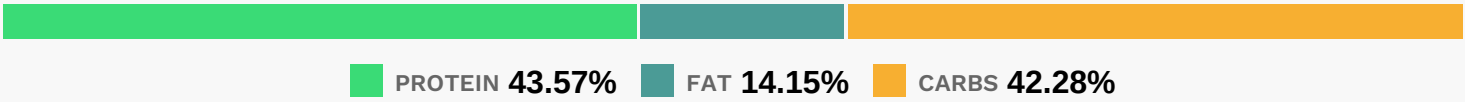
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix 1/2 cup water, the hoisin sauce, garlic, gingerroot, soy sauce, vinegar and 2 teaspoons cornstarch.
- ☐ Cut fish into 3/4-inch pieces.
- ☐ Mix 1 teaspoon cornstarch and the sherry in medium glass or plastic bowl. Stir in fish until coated.
- ☐ Spray nonstick wok or 12-inch skillet with cooking spray; heat over medium-high heat.
- ☐ Add 1/2 teaspoon of the oil; rotate wok to coat side.
- ☐ Add fish; stir-fry about 2 1/2 minutes or until fish flakes easily with fork.
- ☐ Remove fish from wok.
- ☐ Add remaining 1/2 teaspoon oil to wok.
- ☐ Add broccoli, carrots, bell pepper, onion and 2 tablespoons water. Cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender (add water if necessary to prevent sticking).
- ☐ Stir in hoisin sauce mixture; cook and stir until thickened. Stir in fish; heat through.

Nutrition Facts



Properties

Glycemic Index:78.21, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:34.634782956994%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.17mg, Kaempferol: 9.17mg, Kaempferol: 9.17mg, Kaempferol: 9.17mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 242.54kcal (12.13%), Fat: 3.89g (5.98%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 20.36g (7.4%), Sugar: 11.07g (12.3%), Cholesterol: 56.08mg (18.69%), Sodium: 926.78mg (40.29%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 26.92g (53.83%), Vitamin C: 144.19mg (174.78%), Vitamin A: 7980.39IU (159.61%), Vitamin K: 124.38µg (118.45%), Selenium: 55.43µg (79.19%), Vitamin B6: 1.05mg (52.26%), Vitamin B3: 9.39mg (46.97%), Phosphorus: 393.82mg (39.38%), Vitamin D: 5.33µg (35.53%), Potassium: 1136.52mg (32.47%), Folate: 117.11µg (29.28%), Manganese: 0.5mg (25.03%), Fiber: 5.76g (23.04%), Vitamin B12: 1.25µg (20.79%), Magnesium: 71.03mg (17.76%), Vitamin E: 2.45mg (16.33%), Vitamin B2: 0.28mg (16.2%), Vitamin B1: 0.2mg (13.38%), Vitamin B5: 1.33mg (13.32%), Iron: 1.76mg (9.76%), Calcium: 94.2mg (9.42%), Copper: 0.17mg (8.39%), Zinc: 1.22mg (8.1%)