



Red Mullet Sashimi



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings basil leaves
- ☐ 1 thumb-sized knob ginger fresh
- ☐ 1 lime zest juiced
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 pomegranate
- ☐ 2 fillet mullet red
- ☐ 4 servings sea salt

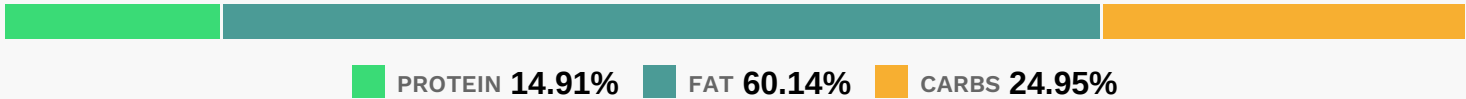
Equipment

- ☐ bowl
- ☐ grater
- ☐ microplane

Directions

- ☐ Slice the fish thinly, but not wafer thin, and put into a bowl.
- ☐ Add a pinch of salt and squeeze in the lime juice (tip: if you roll and press the lime, you get more juice). The acid of the lime cooks the fish, so you will see it change colour.
- ☐ Remove the seeds from the pomegranate by bashing the back of each 1/
- ☐ Lay the fish on a plate, and from a height sprinkle on the lime zest and scatter over the pomegranate seeds. Use a sharp grater, such as a microplane, and grate the ginger over the top. To finish, drizzle over the oil and scatter on some small basil leaves.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:7.41, Inflammation Score:-3, Nutrition Score:8.9843477995499%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 235.96kcal (11.8%), Fat: 16.4g (25.23%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 11.95g (4.35%), Sugar: 9.98g (11.09%), Cholesterol: 19.6mg (6.53%), Sodium: 222.83mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin K: 28.43µg (27.08%), Selenium: 15.04µg (21.48%), Vitamin E: 2.9mg (19.31%), Vitamin C: 12.99mg (15.75%), Fiber: 3.36g (13.42%), Phosphorus: 118.51mg (11.85%), Vitamin B6: 0.24mg (11.8%), Vitamin B3: 2.35mg (11.76%), Potassium: 339.61mg (9.7%), Folate: 33.28µg (8.32%), Copper: 0.15mg (7.72%), Vitamin B5: 0.61mg (6.14%), Vitamin B1: 0.09mg (5.96%), Manganese: 0.12mg (5.96%), Magnesium: 23.1mg (5.78%), Iron: 0.87mg (4.86%), Vitamin B2: 0.07mg (4.4%), Vitamin D: 0.6µg (4%),

Calcium: 33.06mg (3.31%), Zinc: 0.5mg (3.31%), Vitamin A: 163.07IU (3.26%), Vitamin B12: 0.09µg (1.47%)