



Red spiced fish with green salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet fish fillet white such as hake
- ☐ 4 tsp curry paste red
- ☐ 1 avocado sliced
- ☐ 1 cucumber sliced into fingers
- ☐ 1 the of 1 cos lettuce separated
- ☐ 1 small bunch cilantro leaves roughly chopped
- ☐ 1 lime zest
- ☐ 1 tsp clear honey

☐ 250 g brown rice cooked

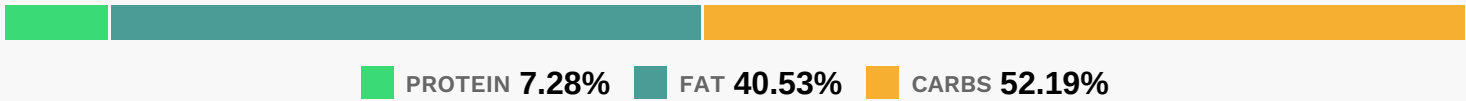
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Brush each fish fillet with 1 tsp of curry paste, then roast on a baking sheet for 8–10 mins until the fish flakes easily.
- ☐ Meanwhile, mix together the rest of the ingredients, apart from the rice, in a large bowl with some seasoning.
- ☐ Serve with the spiced fish and brown rice, plus extra lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:55.87, Glycemic Load:8.79, Inflammation Score:-8, Nutrition Score:12.256521808712%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 178.1kcal (8.91%), Fat: 8.47g (13.03%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 18.67g (6.79%), Sugar: 3.54g (3.94%), Cholesterol: 0.5mg (0.17%), Sodium: 8.14mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Manganese: 0.83mg (41.71%), Vitamin A: 1667.9IU (33.36%), Vitamin K: 29.44µg (28.04%), Fiber: 5.88g (23.51%), Folate: 66.08µg (16.52%), Vitamin C: 13.55mg (16.42%), Vitamin B6: 0.28mg (13.9%), Magnesium: 53.88mg (13.47%), Potassium: 443.81mg (12.68%), Vitamin B5: 1.19mg (11.87%), Copper: 0.22mg (10.97%), Phosphorus: 97.85mg (9.78%), Vitamin B3: 1.85mg (9.26%), Vitamin B1:

0.13mg (8.83%), Vitamin E: 1.16mg (7.75%), Iron: 1.12mg (6.22%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.89mg (5.92%), Calcium: 39.16mg (3.92%), Selenium: 0.82µg (1.17%)