



Scrod Kebabs with Indonesian Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup indonesian barbecue sauce
- ☐ 4 pounds scrod fillets cut into 2-inch cubes
- ☐ 2 teaspoons curry powder
- ☐ 1 cup cooking wine dry white
- ☐ 2 small onions red separated cut in quarters and

Equipment

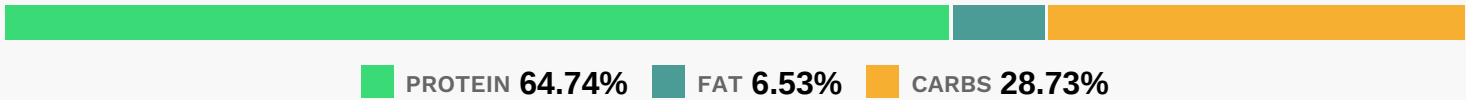
- ☐ grill

- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Stir together first 3 ingredients.
- ☐ Pour into a large heavy-duty zip-top plastic bag.
- ☐ Add fish; seal and chill 3 hours.
- ☐ Drain. Thread fish and onion onto 12-inch skewers.
- ☐ Grill in a grill basket, covered with grill lid, over high heat (350 to 400
- ☐ minutes, turning a quarter turn every 2 minutes, basting with Indonesian Barbecue Sauce.
- ☐ Serve kebabs at room temperature or chilled.
- ☐ Serve with additional Indonesian Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:11.867826047151%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 1.23g (1.89%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.51g (4.19%), Sugar: 8.89g (9.88%), Cholesterol: 65.01mg (21.67%), Sodium: 329.04mg (14.31%), Alcohol: 2.06g (100%), Alcohol %: 1.22% (100%), Protein: 27.38g (54.76%), Selenium: 50.52µg (72.18%), Phosphorus: 321.78mg (32.18%), Vitamin B12: 1.38µg (22.93%), Vitamin B6: 0.42mg (21.21%), Potassium: 725.85mg (20.74%), Vitamin B3: 3.32mg (16.58%), Magnesium: 56.16mg (14.04%), Vitamin D: 1.36µg (9.07%), Vitamin B1: 0.13mg (8.71%),

Vitamin E: 1.24mg (8.24%), Vitamin B2: 0.12mg (7.09%), Manganese: 0.11mg (5.7%), Zinc: 0.79mg (5.26%), Iron: 0.92mg (5.1%), Calcium: 39.67mg (3.97%), Folate: 15.26µg (3.81%), Vitamin C: 3.05mg (3.7%), Copper: 0.07mg (3.51%), Vitamin B5: 0.3mg (3.02%), Fiber: 0.64g (2.55%), Vitamin A: 117.52IU (2.35%), Vitamin K: 1.07µg (1.02%)