



Sip's Ginger, Lemongrass & Cilantro Crusted Snapper



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup asian fish sauce
- ☐ 0.5 cup canola oil
- ☐ 2 tablespoon cilantro leaves fresh
- ☐ 2 teaspoon ginger fresh finely minced peeled
- ☐ 4 teaspoon lemongrass fresh minced soft (inner parts only)
- ☐ 4 servings freshly cracked pepper black
- ☐ 4 slice scallions white thinly sliced

☐ 0.3 cup soya sauce

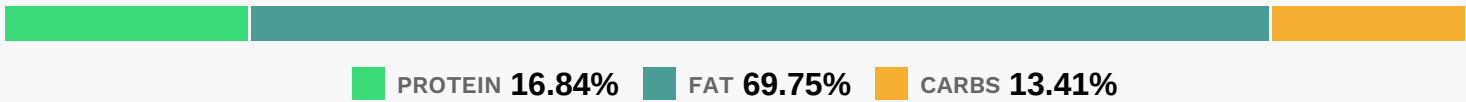
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐ Combine the lemongrass, scallion, ginger, cilantro and black pepper in bowl.
- ☐ Pour fish sauce and soy sauce in a shallow baking dish and mix. Press cilantro mixture on one side of each fillet, forming a crust, and transfer to the baking dish, crust side up.
- ☐ Let stand 5 minutes.
- ☐ Heat the canola oil in a large nonstick saute pan over medium-high heat.
- ☐ Saute fish for 2-3 minutes crust side down, then carefully flip fillets over and saute for an additional 2-3 minutes, or until opaque throughout.
- ☐ Transfer to plates.
- ☐ Drizzle with a tiny amount of chili and/or sesame oils (optional)

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:3.6426086736762%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 70.76kcal (3.54%), Fat: 5.64g (8.67%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.25g (0.82%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 3086.93mg (134.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Magnesium: 58mg (14.5%), Manganese: 0.21mg (10.48%), Vitamin B6: 0.15mg (7.37%), Vitamin E: 0.99mg (6.63%), Vitamin K: 6.85µg (6.52%), Vitamin B3: 1.27mg (6.35%),

Folate: 19.04µg (4.76%), Selenium: 2.78µg (3.97%), Iron: 0.69mg (3.82%), Potassium: 130.77mg (3.74%), Vitamin B2: 0.04mg (2.44%), Vitamin B12: 0.14µg (2.32%), Phosphorus: 22.85mg (2.29%), Copper: 0.04mg (2.08%), Calcium: 17.48mg (1.75%), Zinc: 0.15mg (1.01%)