



Skillet Fish with Quick Corn Relish

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz corn kernels whole green red rinsed drained canned
- 2 tablespoons spring onion sliced (2 medium)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime
- 1 teaspoon honey
- 0.3 teaspoon ground cumin
- 0.1 teaspoon pepper

1 lb pacific halibut filets

Equipment

bowl

frying pan

Directions

In medium bowl, mix all relish ingredients; set aside.

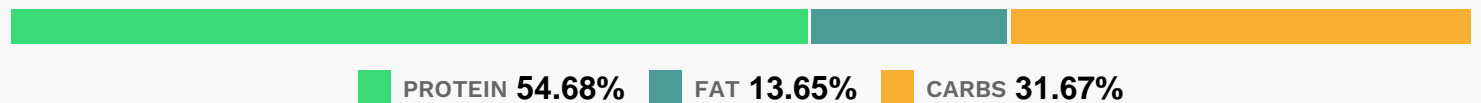
In small bowl, combine 1/4 teaspoon cumin and the pepper; sprinkle on both sides of each fish fillet.

Heat 12-inch nonstick skillet over medium-high heat.

Add fish; cook 5 to 8 minutes, turning once, until fish flakes easily with fork.

Serve fish with relish.

Nutrition Facts



Properties

Glycemic Index:52.07, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:14.731304344924%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 164.25kcal (8.21%), Fat: 2.55g (3.93%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11.62g (4.23%), Sugar: 5.04g (5.6%), Cholesterol: 55.57mg (18.52%), Sodium: 238.29mg (10.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.06%), Selenium: 52.24µg (74.62%), Vitamin B3: 8.21mg (41.03%), Vitamin D: 5.33µg (35.53%), Vitamin B6: 0.66mg (32.8%), Phosphorus: 307.25mg (30.73%), Vitamin B12: 1.25µg (20.79%), Potassium: 618.35mg (17.67%), Folate: 44.96µg (11.24%), Magnesium: 38.68mg (9.67%), Fiber: 1.72g (6.87%), Vitamin B5: 0.68mg (6.76%), Vitamin K: 6.98µg (6.64%), Manganese: 0.13mg (6.48%), Vitamin B2: 0.11mg (6.39%), Vitamin B1: 0.09mg (6.05%), Vitamin E: 0.8mg (5.37%), Zinc: 0.7mg (4.64%), Iron: 0.71mg (3.92%), Vitamin C: 3.03mg (3.67%), Vitamin A: 161.44IU (3.23%), Copper: 0.06mg (3.02%), Calcium:

16.97mg (1.7%)