



Spicy Skillet Fish



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds sushi-grade yellowtail flounder (6 fillets)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 inch ginger fresh peeled chopped (2 tablespoons)
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground paprika
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 small jalapeno seeded

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons vegetable oil

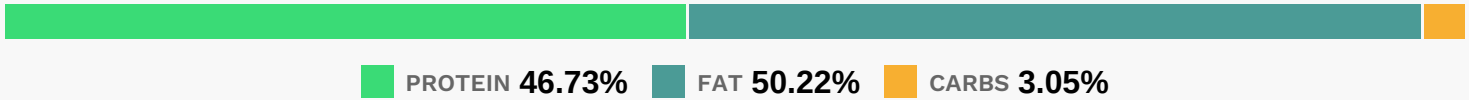
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Process first 9 ingredients in a food processor until finely chopped.
- ☐ Spread 2 teaspoons spice mixture evenly over both sides of each fillet. Cover and chill 30 minutes.
- ☐ Cook fish, in batches, in hot vegetable oil in a large nonstick skillet over medium-high heat 5 minutes on each side or until fish flakes with a fork.
- ☐ Serve with fresh lemon or lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:10.82304332049%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 165.07kcal (8.25%), Fat: 9.06g (13.93%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.18g (0.2%), Cholesterol: 68.04mg (22.68%), Sodium: 511.44mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.92%), Selenium: 40.46µg (57.8%), Phosphorus: 386.24mg (38.62%), Vitamin B12: 1.71µg (28.48%), Vitamin D: 4.23µg (28.22%), Vitamin K: 15.99µg (15.23%), Vitamin E: 1.62mg (10.82%), Vitamin B6: 0.18mg (9.13%), Vitamin B3: 1.67mg (8.35%), Potassium: 278.54mg (7.96%), Magnesium: 30.34mg (7.59%), Vitamin A: 247.2IU (4.94%), Vitamin C: 3.64mg (4.41%), Calcium: 37.22mg (3.72%),

Zinc: 0.54mg (3.58%), Manganese: 0.07mg (3.55%), Vitamin B5: 0.31mg (3.1%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.59%), Folate: 9.45µg (2.36%), Vitamin B2: 0.04mg (2.29%), Copper: 0.05mg (2.26%), Fiber: 0.33g (1.33%)