



Spicy Thai fish kebabs

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp lemon grass (we used the widely available Schwartz Thai Lemon Grass and Coconut Stir-Fry Seasoning)
- ☐ 1 tsp vegetable oil
- ☐ 250 g filets skinless cut into strips
- ☐ 1 bell pepper yellow seeded cut into chunks
- ☐ 1 onion cut into chunks
- ☐ 4 cherry tomatoes
- ☐ 2 servings jasmine rice
- ☐ 1 tbsp parsley fresh chopped

- ☐ 150 ml yogurt low-fat
- ☐ 2 servings juice of lemon to taste

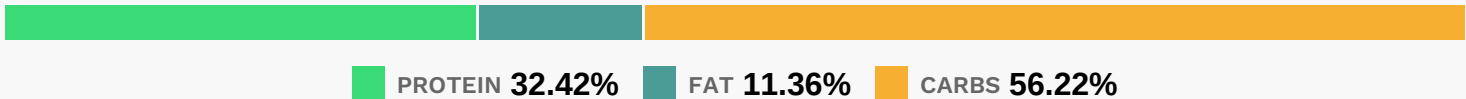
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat the oven to 180C/gas 4/ fan 160C. Line a baking tray with foil and brush lightly with oil.
- ☐ Mix the spices and oil in a shallow bowl and season well.
- ☐ Roll the fish in the spice mixture, then loosely concertina it on 4 skewers. Follow with 2-3 chunks of pepper and onion per skewer and finish with a cherry tomato.
- ☐ Roast the skewers on the foil for 8-10 minutes or until the fish is white and opaque. Stir the parsley into the yogurt, then add the lemon juice and salt and pepper to taste.
- ☐ Serve with the kebabs and rice.

Nutrition Facts



Properties

Glycemic Index:60.09, Glycemic Load:23.29, Inflammation Score:-8, Nutrition Score:25.33347789101%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 389.77kcal (19.49%), Fat: 4.88g (7.5%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 51.85g (18.86%), Sugar: 9.1g (10.11%), Cholesterol: 58.41mg (19.47%), Sodium: 132.65mg (5.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.59%), Vitamin C: 131.27mg (159.12%), Selenium: 51.54µg (73.63%), Phosphorus: 462.97mg (46.3%), Manganese: 0.83mg (41.44%), Vitamin K: 36.8µg (35.04%), Vitamin B6: 0.62mg (31.15%), Potassium: 1074.78mg (30.71%), Vitamin B12: 1.57µg (26.21%), Vitamin B3: 4.24mg (21.21%), Magnesium: 83.69mg (20.92%), Calcium: 203.03mg (20.3%), Vitamin B2: 0.31mg (18.5%), Vitamin B1: 0.22mg (14.82%), Folate: 59µg (14.75%), Zinc: 2.08mg (13.86%), Vitamin B5: 1.36mg (13.57%), Copper: 0.27mg (13.43%), Vitamin A: 537.07IU (10.74%), Iron: 1.85mg (10.29%), Fiber: 2.41g (9.66%), Vitamin E: 1.3mg (8.64%), Vitamin D: 1.13µg (7.5%)