



WHATSheATE



HEALTH SCORE

94%

Steamed fish with ginger & spring onion



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



100 g bok choy



600 g fish fillet white firm



1 piece ginger shredded finely



2 garlic clove finely sliced



2 tbsp soy sauce



1 tsp rice wine



1 bunch spring onion shredded finely



1 handful cilantro leaves chopped

- ☐ 4 servings brown rice
- ☐ 1 lime cut into wedges, to serve

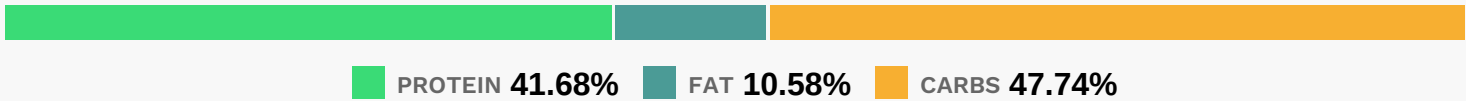
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Cut a large rectangle of foil, big enough to make a large envelope.
- ☐ Place the pak choi on the foil, followed by the fish, then the ginger and garlic.
- ☐ Pour over the soy sauce and rice wine, then season.
- ☐ Fold over foil and seal the 3 edges, then put on a baking sheet. Cook for 20 mins, open the parcel and scatter over the spring onions and coriander.
- ☐ Serve with brown rice and squeezed lime juice.

Nutrition Facts



Properties

Glycemic Index:49.94, Glycemic Load:20.99, Inflammation Score:-8, Nutrition Score:26.857825942661%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 336.24kcal (16.81%), Fat: 3.97g (6.1%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 37.64g (13.69%), Sugar: 0.81g (0.9%), Cholesterol: 75mg (25%), Sodium: 386.41mg (16.8%), Alcohol:

0.2g (100%), Alcohol %: 0.1% (100%), Protein: 35.16g (70.33%), Manganese: 1.95mg (97.57%), Selenium: 63.22µg (90.31%), Phosphorus: 411.61mg (41.16%), Vitamin B3: 8.22mg (41.08%), Vitamin B12: 2.37µg (39.5%), Vitamin D: 4.65µg (31%), Magnesium: 122.36mg (30.59%), Vitamin B6: 0.58mg (28.99%), Vitamin K: 29.12µg (27.74%), Vitamin A: 1252.81IU (25.06%), Vitamin C: 18.08mg (21.91%), Potassium: 723.91mg (20.68%), Vitamin B1: 0.28mg (18.89%), Folate: 71.56µg (17.89%), Vitamin B5: 1.55mg (15.46%), Copper: 0.28mg (14%), Iron: 2.25mg (12.48%), Zinc: 1.64mg (10.9%), Fiber: 2.64g (10.56%), Vitamin B2: 0.16mg (9.63%), Calcium: 72.9mg (7.29%), Vitamin E: 0.76mg (5.04%)