



Steamed Fish with Lime and Chile



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped for garnish
- ☐ 2 servings jasmine rice steamed
- ☐ 4 large garlic clove crushed
- ☐ 1 lime cut into thin rounds
- ☐ 2 tablespoons juice of lime fresh ()
- ☐ 2 tablespoons chicken broth
- ☐ 1.5 pounds rainbow-colored candy whole black cleaned
- ☐ 1 tablespoon sugar

- ☐ 1 tablespoon thai chile green chopped
- ☐ 2 tablespoons thai fish sauce (nam pla)
- ☐ 1 pinch pepper white black freshly ground

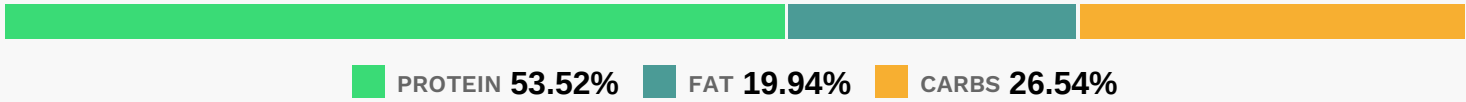
Equipment

- ☐ pot
- ☐ spatula
- ☐ mortar and pestle

Directions

- ☐ In a clay mortar, lightly pound garlic, cilantro stems, and chiles with a wooden pestle until a coarse paste forms.
- ☐ Add 2 tablespoons lime juice, fish sauce, sugar, and pepper; mix with a spoon to combine. (Alternatively, pulse in a mini-processor until a loose paste forms.) Set sauce aside.
- ☐ Place fish on a plate that will fit inside the steamer with some wiggle room; pour reserved paste over. In a wide pot, add water to a depth of 1". Bring to a boil.
- ☐ Transfer fish on plate to steamer. Set steamer over pot and pour chicken broth over fish. Cover; steam fish until cooked through, 12–15 minutes.
- ☐ Using 2 large spatulas, transfer fish to a serving platter. Spoon juices on plate into steamer over fish.
- ☐ Drizzle with lime juice, if desired.
- ☐ Garnish with lime slices and cilantro leaves.
- ☐ Serve with steamed rice.

Nutrition Facts



Properties

Glycemic Index:136.55, Glycemic Load:29.49, Inflammation Score:-7, Nutrition Score:37.771304602208%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg, Hesperetin: 15.75mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 565.42kcal (28.27%), Fat: 12.23g (18.81%), Saturated Fat: 2.56g (16%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 35.03g (12.74%), Sugar: 7.96g (8.85%), Cholesterol: 200.71mg (66.9%), Sodium: 1526.51mg (66.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.85g (147.71%), Vitamin B12: 15.24µg (254%), Phosphorus: 982.74mg (98.27%), Vitamin B3: 19.46mg (97.29%), Vitamin B6: 1.64mg (82.16%), Selenium: 51.51µg (73.58%), Manganese: 1.08mg (54.09%), Potassium: 1831.92mg (52.34%), Vitamin C: 42.43mg (51.43%), Magnesium: 153.34mg (38.34%), Vitamin B5: 3.62mg (36.2%), Vitamin B1: 0.47mg (31.28%), Zinc: 4.26mg (28.38%), Calcium: 270.11mg (27.01%), Copper: 0.5mg (25.04%), Vitamin B2: 0.41mg (23.9%), Iron: 3.14mg (17.45%), Folate: 58.69µg (14.67%), Vitamin A: 352.03IU (7.04%), Fiber: 1.59g (6.35%), Vitamin K: 2.69µg (2.56%), Vitamin E: 0.2mg (1.36%)