



Steamed Fish with Scallions and Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fish fillet wild whole black such as sea bass or salmon), scaled, gutted, and scored
- ☐ 2 tablespoons ginger fresh julienned
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.5 cup spring onion green sliced (part only)
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 0.5 teaspoon sugar

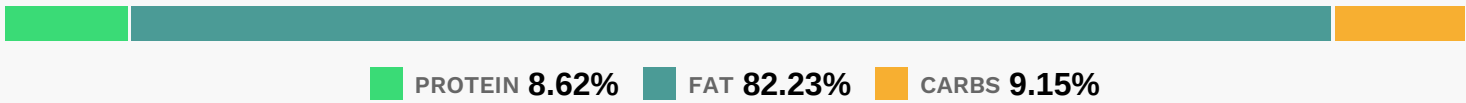
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Position oven racks in upper and lower thirds of oven.
- ☐ Heat oven to 450°.
- ☐ Place a long piece of aluminum foil on a large, shallow baking sheet (foil should be longer than sheet); repeat with another baking sheet; place 1 whole fish on each sheet. Season each fish on both sides with salt and pepper.
- ☐ Whisk remaining ingredients in a bowl; spoon over each fish. Seal foil loosely around each fish to create a somewhat roomy pocket.
- ☐ Bake 10 minutes per inch of thickness of fish at its thickest part (typically 20 to 25 minutes for a 2-inch-thick fish).
- ☐ Remove foil and serve with juices.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:2.1569565196076%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 77.39kcal (3.87%), Fat: 7.29g (11.22%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.67g (0.75%), Cholesterol: 0.13mg (0.04%), Sodium: 811.33mg (35.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 13.06µg (12.44%), Vitamin E: 1.11mg (7.38%), Manganese: 0.09mg (4.32%), Vitamin B3: 0.63mg (3.14%), Iron: 0.45mg (2.51%), Phosphorus: 22.18mg (2.22%), Magnesium: 7.87mg (1.97%), Vitamin B6: 0.04mg (1.8%), Folate: 6.86µg (1.72%), Vitamin B2: 0.03mg (1.64%), Potassium: 56.01mg (1.6%), Vitamin C: 1.26mg (1.53%), Copper: 0.03mg (1.45%), Fiber: 0.31g (1.25%), Vitamin A: 62.31IU (1.25%)