



Steamed White Fish with Julienned Carrots and Spinach with Lemon-Green Onion Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



4

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 qt baby spinach leaves loosely packed
- ☐ 4 servings pepper black as needed freshly ground
- ☐ 3 cup canola oil
- ☐ 8 ounce carrots trimmed peeled cut into 1 ½" matchsticks
- ☐ 1 bunch green onions
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest

- ☐ 2 tablespoon rice wine vinegar
- ☐ 2 teaspoon sesame oil toasted
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok
- ☐ steamer basket

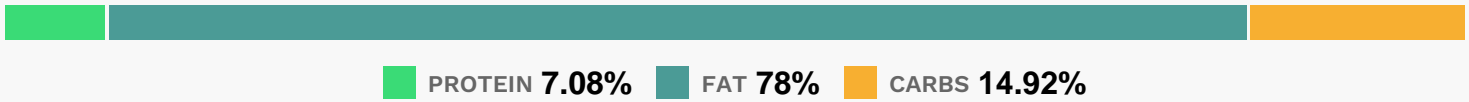
Directions

- ☐ Sauce: Bring a medium saucepan of water to a boil over medium-high heat.
- ☐ Add 1 T salt to the water.
- ☐ Add the green onions and blanch until they are bright green, and just softened; about 1 minute.
- ☐ Drain immediately.
- ☐ Mix together lemon zest, with some salt and pepper in a small bowl. Bring a couple of inches of water to a simmer over medium high heat in a wok pan or sauce pan 2 inches larger than your steamer basket. The water level should be below the bottom of the steamer basket.
- ☐ Place one layer of the spinach leaves in the top of the basket and lay the fish on top of the spinach.
- ☐ Sprinkle about ¼ teaspoon of the lemon zest over each piece of fish, along with a grind of black pepper.
- ☐ Place the carrots in the bottom steamer basket and tuck the remaining spinach leaves around the carrots.
- ☐ Place the covered steamer over the simmering water and cook until the fish just begins to flake easily, about 10 minutes. Divide the carrots and spinach between 4 dinner heated plates.
- ☐ Place a piece of fish on top of them and drizzle the fish and vegetables with 1 or 2 T sauce.

☐

Serve warm.

Nutrition Facts



Properties

Glycemic Index:73.23, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:38.18739145735%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 15.31mg, Kaempferol: 15.31mg, Kaempferol: 15.31mg, Kaempferol: 15.31mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 400.76kcal (20.04%), Fat: 36.69g (56.44%), Saturated Fat: 2.93g (18.31%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 8.67g (3.15%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 227.54mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Vitamin K: 1187.04µg (1130.51%), Vitamin A: 31717.96IU (634.36%), Folate: 475.28µg (118.82%), Manganese: 2.24mg (111.89%), Vitamin C: 73.25mg (88.79%), Vitamin E: 11.13mg (74.18%), Magnesium: 195.98mg (49%), Potassium: 1532.67mg (43.79%), Iron: 6.72mg (37.33%), Vitamin B2: 0.49mg (28.62%), Fiber: 7.12g (28.47%), Vitamin B6: 0.55mg (27.74%), Calcium: 260mg (26%), Copper: 0.34mg (17.16%), Vitamin B1: 0.23mg (15.2%), Phosphorus: 140.33mg (14.03%), Vitamin B3: 2.31mg (11.57%), Zinc: 1.43mg (9.52%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.33mg (3.28%)