



 **51%**
HEALTH SCORE

Tandoori-spiced Char with Cilantro-Mint Drizzle

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings rice hot
- 24 ounce arctic char fillets , skin on
- 4 servings cilantro-mint drizzle
- 4 servings warm naan (Indian flatbread)
- 0.3 cup greek yogurt plain
- 4 servings tandoori rub

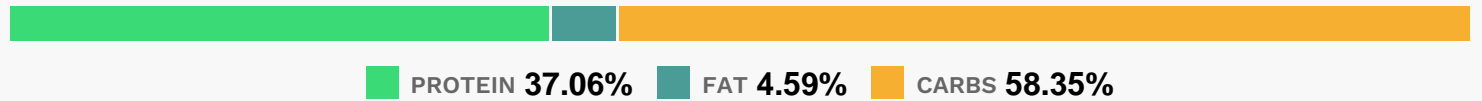
Equipment

grill

Directions

- Sprinkle Tandoori Rub evenly on tops of fillets. Grill, skin side up, 3 minutes. Turn and grill 3 to 5 minutes or until fish flakes with a fork. Top fillets with Cilantro-Mint
- Drizzle and a dollop of yogurt.
- Serve with basmati rice and warm naan, if desired.

Nutrition Facts



Properties

Glycemic Index:39.55, Glycemic Load:42.89, Inflammation Score:-5, Nutrition Score:19.512608766556%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 431.84kcal (21.59%), Fat: 2.13g (3.28%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 60.97g (20.32%), Net Carbohydrates: 59.19g (21.52%), Sugar: 0.53g (0.58%), Cholesterol: 73.77mg (24.59%), Sodium: 313.9mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.73g (77.46%), Selenium: 64.63µg (92.33%), Phosphorus: 458.15mg (45.81%), Manganese: 0.87mg (43.42%), Vitamin B12: 1.64µg (27.26%), Vitamin B6: 0.54mg (27.07%), Vitamin B3: 5.2mg (26.02%), Potassium: 840.4mg (24.01%), Magnesium: 82.99mg (20.75%), Vitamin B1: 0.28mg (18.47%), Vitamin K: 16.32µg (15.55%), Iron: 2.34mg (13%), Vitamin B2: 0.21mg (12.56%), Copper: 0.24mg (11.92%), Zinc: 1.74mg (11.62%), Calcium: 110.72mg (11.07%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.93mg (9.3%), Vitamin E: 1.17mg (7.78%), Folate: 29.96µg (7.49%), Fiber: 1.78g (7.14%), Vitamin A: 163.66IU (3.27%), Vitamin C: 2.26mg (2.74%)