



Tikka-style fish



Gluten Free



Very Healthy

READY IN



26 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp ginger fresh finely grated
- ☐ 4 garlic clove finely grated crushed
- ☐ 2 snapper whole red
- ☐ 6 tbsp yogurt plain
- ☐ 2 tbsp olive oil
- ☐ 2 tsp turmeric
- ☐ 2 tsp chili powder
- ☐ 3 tsp cumin seeds

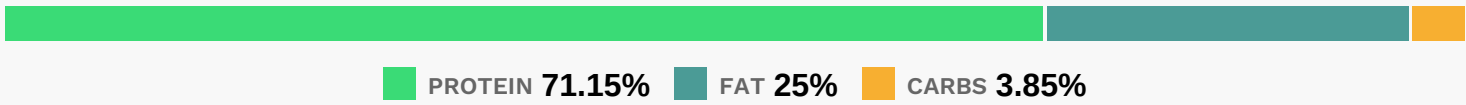
Equipment

- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Slash the skin of the whole fish, if using, on each side with a sharp knife.
- ☐ Mix the ginger and garlic, season with salt, then rub all over the fish.
- ☐ Mix the yogurt with the oil, spices and seasoning. Use to coat the fish inside and out, then chill until ready to cook.
- ☐ TO BARBECUE: Cook straight on the rack (or on foil if you are afraid of it sticking) for 6–8 mins each side for the whole fish, or 3–4 mins for the tuna steaks. Cooking time will depend on how hot your barbecue is when you start.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.45, Inflammation Score:-10, Nutrition Score:27.800869682561%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 367.37kcal (18.37%), Fat: 9.8g (15.08%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.1g (1.23%), Cholesterol: 113.6mg (37.87%), Sodium: 218.74mg (9.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.76g (125.52%), Vitamin D: 30.62µg (204.13%), Selenium: 115.61µg (165.16%), Vitamin B12: 9.07µg (151.23%), Vitamin B6: 1.27mg (63.58%), Phosphorus: 626.76mg (62.68%), Potassium: 1354.59mg (38.7%), Magnesium: 106.5mg (26.63%), Vitamin E: 3.97mg (26.48%), Vitamin B5: 2.35mg (23.52%), Calcium: 138.33mg (13.83%), Vitamin A: 618.16IU (12.36%), Vitamin B1: 0.16mg (10.56%), Iron: 1.78mg (9.89%), Manganese: 0.19mg (9.32%), Zinc: 1.35mg (9%), Vitamin C: 5.92mg (7.17%), Copper: 0.12mg (5.98%), Vitamin B3: 1.09mg (5.44%), Folate: 17.36µg (4.34%), Vitamin K: 4.29µg (4.09%), Vitamin B2: 0.05mg (3.18%), Fiber: 0.67g (2.67%)