



Tom Yum Baked Fish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves chopped ()
- ☐ 0.3 cup coconut milk
- ☐ 2 fillet fish fillet white
- ☐ 2 tablespoons fish sauce
- ☐ 1 thumb sized piece galangal peeled chopped (or ginger, and)
- ☐ 3 cloves garlic
- ☐ 2 green onions sliced ()
- ☐ 1 juice of lime (juice and zest)

- ☐ 2 stalks lemon zest peeled chopped (and , or lemon zest or myrtle leaves)
- ☐ 2 tablespoons oil
- ☐ 2 tablespoons coconut sugar grated (or sugar)
- ☐ 0.5 teaspoon shrimp paste

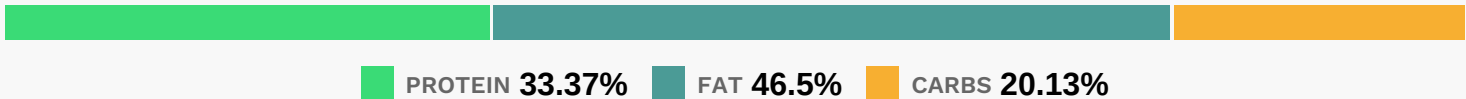
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the lemon grass, garlic, galangal, chili, cilantro, lime juice and zest, green onions, shrimp paste, fish sauce, oil and palm sugar in a food processor and process.
- ☐ Marinate the fish in 3/4 of the paste for at least 10 minutes.
- ☐ Place the fish into a covered baking dish and bake in a preheated 350F oven until cooked, about 10–12 minutes.
- ☐ Heat the coconut milk and the remaining paste in a small sauce pan and simmer for 1 minute.
- ☐ Serve the fish with the sauce on the side along with some rice.

Nutrition Facts



Properties

Glycemic Index:122.5, Glycemic Load:7.25, Inflammation Score:-6, Nutrition Score:21.705217434012%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 440.14kcal (22.01%), Fat: 23.04g (35.44%), Saturated Fat: 7.38g (46.12%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.81g (7.93%), Sugar: 9.44g (10.49%), Cholesterol: 99.25mg (33.08%), Sodium: 1577.54mg (68.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.39%), Selenium: 73.45µg (104.93%), Vitamin B12: 2.77µg (46.21%), Vitamin K: 43.57µg (41.49%), Vitamin B3: 7.37mg (36.86%), Vitamin D: 5.27µg (35.13%), Phosphorus: 331.89mg (33.19%), Magnesium: 95.79mg (23.95%), Vitamin E: 3.29mg (21.9%), Vitamin B6: 0.43mg (21.41%), Manganese: 0.43mg (21.37%), Potassium: 708.13mg (20.23%), Folate: 64.62µg (16.15%), Iron: 2.43mg (13.48%), Vitamin C: 10.36mg (12.56%), Copper: 0.23mg (11.62%), Vitamin B5: 0.96mg (9.61%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.1mg (6.62%), Zinc: 0.88mg (5.86%), Calcium: 56.39mg (5.64%), Vitamin A: 265.17IU (5.3%), Fiber: 0.63g (2.51%)