



Yellowtail Crudo With Kumquats & Jalapeño



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch fleur del sel to taste
- ☐ 1 tablespoon mint leaves fresh
- ☐ 1 jalapeño
- ☐ 1 teaspoon kosher salt
- ☐ 3 kumquats
- ☐ 1 lemon wedges fresh
- ☐ 1 ounce olive oil extra-virgin
- ☐ 1 tablespoon onion red minced

- ☐ 8 ounce sushi grade yellowtail
- ☐ 0.3 cup water
- ☐ 0.3 cup citrus champagne vinegar

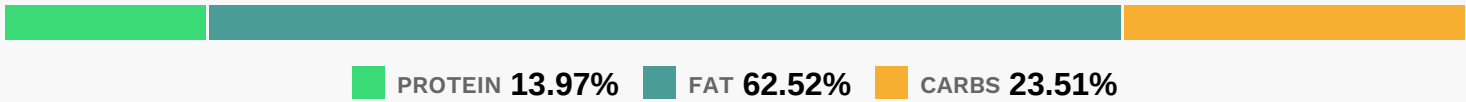
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Slice the jalapeño and place in a bowl.
- ☐ Add the red onion, sprinkle with kosher salt and toss together, then set aside.In a small sauce pot, combine the vinegar and water and bring to a boil. Once boiling, pour pickling liquid over the bowl of chilis and onion. Set aside to cool for 30 minutes.Meanwhile, slice the fish into ¼-inch slices and arrange on a plate. Season each slice of fish with a few grains of fleur de sel, to taste. Slice the kumquats thinly, picking out and discarding any seeds, and place a few on each slice of fish.
- ☐ Add 1 or 2 pickled chilis to each piece of fish, along with a bit of pickled minced onion.Thinly slice, or chiffonade, the mint by stacking the leaves together, then rolling and slicing crosswise.
- ☐ Sprinkle the mint over the entire dish. Squeeze a wedge of lemon on the fish.
- ☐ Drizzle a fine stream of good olive oil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:21.292173758797%

Flavonoids

Eriodictyol: 2.7mg, Eriodictyol: 2.7mg, Eriodictyol: 2.7mg, Eriodictyol: 2.7mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 16.41mg, Naringenin: 16.41mg, Naringenin: 16.41mg, Naringenin: 16.41mg Apigenin: 6.38mg, Apigenin: 6.38mg, Apigenin: 6.38mg, Apigenin: 6.38mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg

0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 199.3kcal (9.96%), Fat: 14.82g (22.8%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 9.61g (3.5%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 1244.92mg (54.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin A: 6165.36IU (123.31%), Vitamin C: 71.12mg (86.21%), Manganese: 1.22mg (61.05%), Folate: 177.09µg (44.27%), Vitamin B2: 0.55mg (32.12%), Vitamin E: 3.48mg (23.22%), Copper: 0.35mg (17.59%), Iron: 2.72mg (15.11%), Potassium: 520.05mg (14.86%), Vitamin K: 14.38µg (13.7%), Vitamin B6: 0.24mg (11.82%), Fiber: 2.93g (11.7%), Calcium: 111.01mg (11.1%), Vitamin B3: 1.94mg (9.68%), Vitamin B1: 0.13mg (8.83%), Zinc: 1.31mg (8.7%), Phosphorus: 80.11mg (8.01%), Vitamin B5: 0.7mg (7.04%), Magnesium: 13.76mg (3.44%), Selenium: 0.89µg (1.27%)