



Zesty spring fish



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large fish fillet white
- ☐ 2 tbsp soya sauce
- ☐ 2 garlic clove finely grated
- ☐ 1 small knob ginger grated
- ☐ 1 tbsp vegetable oil
- ☐ 200 g the salad shredded

Equipment

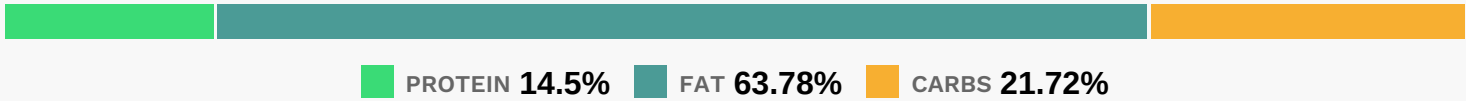
- ☐ frying pan

☐ wok

Directions

- ☐ Toss the fish with the soy sauce, garlic and ginger.
- ☐ Heat the oil in a non-stick wok or frying pan and add the fish and its marinade. Sizzle for 3 mins on each side, until fish is almost cooked.
- ☐ Throw in the greens and a splash of water and let everything simmer for 5 mins, until the greens have wilted. Spoon everything onto a plate and serve with rice or noodles.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:6.6617391556501%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 6.92g (10.65%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.34g (0.38%), Cholesterol: 0.5mg (0.17%), Sodium: 1032.57mg (44.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Vitamin C: 24.16mg (29.29%), Vitamin A: 1136.27IU (22.73%), Manganese: 0.29mg (14.42%), Vitamin K: 12.57µg (11.97%), Folate: 40.63µg (10.16%), Vitamin B6: 0.16mg (7.78%), Phosphorus: 68.86mg (6.89%), Vitamin B3: 1.33mg (6.62%), Potassium: 227.29mg (6.49%), Iron: 1.12mg (6.22%), Magnesium: 19.43mg (4.86%), Vitamin B2: 0.08mg (4.79%), Copper: 0.09mg (4.26%), Vitamin E: 0.56mg (3.76%), Vitamin B1: 0.05mg (3.14%), Calcium: 22.21mg (2.22%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.21mg (2.11%), Selenium: 1.39µg (1.99%)