Index to Hawaii Medical Journal
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Compiled by Carolyn S.H. Ching and Marlene M.A. Cuenco of the Hawaii Medical Library

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Ginger Broiled Fish

Preheat broiler. Lightly spray a broiler-proof baking dish with vegetable oil spray. Put dish under broiler for 1 to 2 minutes. Rinse fish and pat dry with paper towels. Cut fish into 8 equal portions. Arrange in a single layer in preheated dish. In a small bowl, combine remaining ingredients, stirring well.

Pour over fish.

Broil fish about 2 inches from heat for 5 to 6 minutes. Turn carefully and broil for 5 to 6 minutes, or until fish flakes easily when tested with a fork.

Nutrient Analysis per Serving

115 kcal Calories 53 mg Cholesterol 1.9 g Protein 148 mg Sodium 1 g Carbohydrate 0 g Total Fat 0 g Monounsaturated Fat 0 g