



Amberjack with Tomato-Fennel Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes canned
- 24 ounce amberjack fillets
- 0.5 cup fennel bulb chopped
- 0.3 teaspoon fennel seeds dried crushed
- 0.3 cup parsley fresh divided chopped
- 1 teaspoon garlic minced
- 1 cup no-salt-added chicken broth undiluted canned
- 0.5 cup onion chopped

- 0.5 teaspoon pepper divided freshly ground
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 8 ounce no-salt-added tomato sauce canned
- 4 cups water

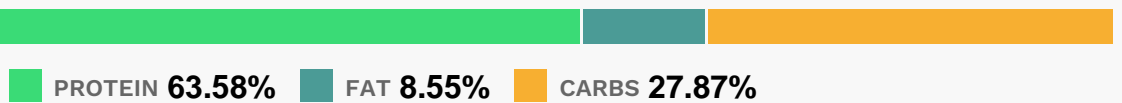
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; add chicken broth.
- Place over medium-high heat until hot.
- Add onion and next 3 ingredients; cook until vegetables are tender and liquid evaporates. Stir in stewed tomatoes and tomato sauce. Cook, uncovered, over low heat 30 minutes or until thickened. Stir in 2 tablespoons parsley, sugar, 1/4 teaspoon pepper, and salt.
- Rinse fillets and pat dry; sprinkle with remaining 1/4 teaspoon pepper. Bring water to a boil in a large nonstick skillet over medium heat. Reduce heat, and add fillets; cover and simmer 8 minutes or until fish flakes easily when tested with a fork.
- Remove fish from liquid, and place on a serving platter; discard liquid. Spoon tomato mixture evenly over fillets; sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



Properties

Glycemic Index:53.18, Glycemic Load:2.79, Inflammation Score:-7, Nutrition Score:16.402608622675%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg

Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 141.49kcal (7.07%), Fat: 1.37g (2.11%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.57g (2.75%), Sugar: 5.62g (6.25%), Cholesterol: 48.76mg (16.25%), Sodium: 453.32mg (19.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.93g (45.87%), Selenium: 38.37µg (54.82%), Vitamin K: 50.69µg (48.28%), Phosphorus: 284.5mg (28.45%), Potassium: 884.15mg (25.26%), Vitamin B6: 0.45mg (22.52%), Vitamin B3: 4.2mg (20.98%), Vitamin C: 15.44mg (18.71%), Vitamin B12: 1.07µg (17.85%), Magnesium: 62.18mg (15.54%), Vitamin E: 2.19mg (14.61%), Copper: 0.26mg (13.22%), Manganese: 0.25mg (12.66%), Vitamin A: 577.98IU (11.56%), Iron: 2.04mg (11.36%), Vitamin B1: 0.16mg (10.48%), Fiber: 2.49g (9.95%), Vitamin B2: 0.16mg (9.13%), Folate: 28.58µg (7.15%), Vitamin D: 1.02µg (6.8%), Calcium: 65.81mg (6.58%), Zinc: 0.91mg (6.06%), Vitamin B5: 0.53mg (5.29%)