



## Arctic Char with Blistered Cherry Tomatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black divided
- 3 pints cherry tomatoes
- 0.8 teaspoon coarse salt divided
- 24 ounce filets
- 0.3 cup basil fresh thinly sliced
- 4 garlic clove halved
- 3 tablespoons olive oil extra virgin extra-virgin divided
- 2 shallots thinly sliced

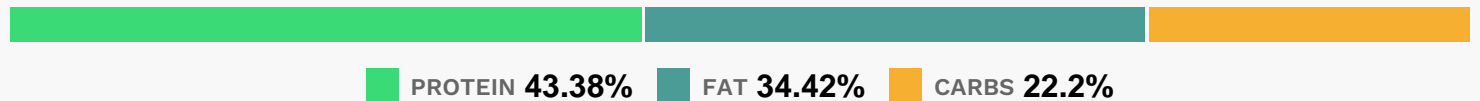
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 400
- Heat a large ovenproof skillet over high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Sprinkle fillets with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Add fillets, flesh side down, to pan, and saut for 2 minutes.
- Place pan in oven; cook at 400 for 3 minutes or until desired degree of doneness.
- Heat a large cast-iron skillet over medium heat.
- Add remaining 2 tablespoons oil to pan; swirl to coat.
- Add garlic, and cook 2 minutes or until lightly browned, stirring occasionally. Increase heat to medium-high.
- Add tomatoes to pan; saut for 2 minutes or until skins blister, stirring frequently.
- Remove pan from heat.
- Sprinkle tomato mixture with the remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, basil, and shallots; toss to combine.
- Serve with fish.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:27.587391065515%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:

0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## **Nutrients (% of daily need)**

Calories: 310.62kcal (15.53%), Fat: 12.08g (18.58%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 14.49g (5.27%), Sugar: 9.86g (10.95%), Cholesterol: 73.14mg (24.38%), Sodium: 569.25mg (24.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin C: 84.82mg (102.81%), Selenium: 58.67µg (83.81%), Phosphorus: 457.99mg (45.8%), Potassium: 1537.87mg (43.94%), Vitamin B6: 0.78mg (39.02%), Vitamin A: 1884.67IU (37.69%), Vitamin E: 4.61mg (30.73%), Vitamin B3: 5.46mg (27.3%), Manganese: 0.54mg (26.75%), Vitamin B12: 1.55µg (25.8%), Magnesium: 91.14mg (22.79%), Vitamin K: 23.21µg (22.1%), Iron: 3.39mg (18.86%), Vitamin B1: 0.27mg (18.09%), Copper: 0.34mg (17.16%), Folate: 63.44µg (15.86%), Fiber: 3.03g (12.14%), Vitamin B2: 0.2mg (11.53%), Vitamin D: 1.53µg (10.21%), Zinc: 1.36mg (9.09%), Calcium: 80.45mg (8.04%), Vitamin B5: 0.78mg (7.79%)