



Arctic Char with Cucumber-Feta Relish and Jalapeño-Goat Cheese Hush Puppies

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1.5 cups cucumber diced peeled seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup parsley fresh italian coarsely chopped
- ☐ 0.5 cup onion red chopped
- ☐ 3 ounces optional - few of cheese - we use sheep's milk crumbled

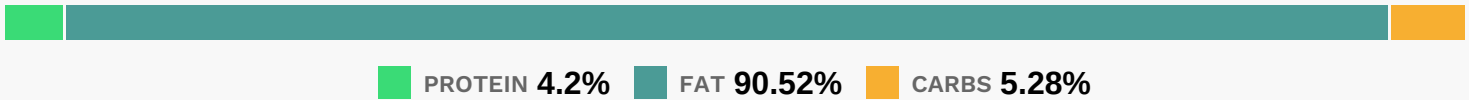
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ Toss first 7 ingredients in medium bowl. Season relish with salt and freshly ground black pepper. DO AHEAD: Can be made 2 hours ahead. Cover and chill.
- ☐ Sprinkle fish on both sides with salt and freshly ground pepper.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Place fish, skin side down, in skillet. Cook until skin is brown, occasionally flattening with spatula to prevent curling, about 4 minutes. Turn fish over. Cook until just opaque in center, about 1 minute.
- ☐ Using slotted spoon, mound relish on plates. Top with fish, skin side up. Arrange hush puppies alongside and serve.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:11.667826116085%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 353.14kcal (17.66%), Fat: 36.25g (55.77%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.79g (1.99%), Cholesterol: 18.92mg (6.31%), Sodium: 248.88mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin K: 147.18µg (140.17%), Vitamin E: 4.99mg (33.24%), Vitamin C: 15.95mg (19.34%), Vitamin A: 758.29IU (15.17%), Calcium: 127.41mg (12.74%), Vitamin B2: 0.21mg (12.11%), Phosphorus: 92.88mg (9.29%), Folate: 30.49µg (7.62%), Vitamin B6: 0.15mg (7.49%), Vitamin B12: 0.36µg (5.99%), Zinc: 0.82mg (5.43%), Iron: 0.88mg (4.88%), Selenium: 3.35µg (4.79%), Potassium: 159.7mg (4.56%), Vitamin B1: 0.07mg (4.38%), Magnesium: 16.22mg (4.06%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.39mg (3.9%), Fiber: 0.96g (3.84%), Copper: 0.06mg (3.12%), Vitamin B3: 0.36mg (1.79%)