



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

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1.5 cups cucumber diced peeled seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley fresh italian coarsely chopped
- ☐ 0.5 cup onion red chopped

☐ 3 ounces coarsely sheep's-milk feta cheese crumbled

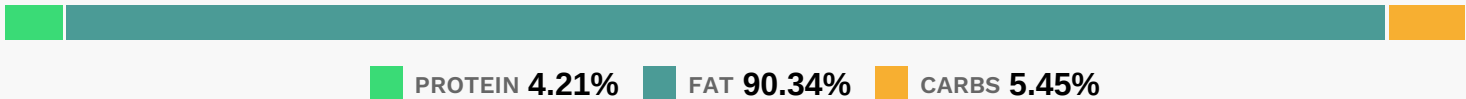
Equipment

- ☐ 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:11.781739071659%

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: 353.61kcal (17.68%), Fat: 36.25g (55.77%), Saturated Fat: 6.53g (40.79%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.86g (1.4%), Sugar: 1.83g (2.03%), Cholesterol: 18.92mg (6.31%), Sodium: 248.94mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.59%), Vitamin K: 147.18µg (140.17%), Vitamin E: 4.99mg (33.26%), Vitamin C: 17.24mg (20.9%), Vitamin A: 758.79IU (15.18%), Calcium: 128.75mg (12.88%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 93mg (9.3%), Folate: 30.62µg (7.65%), Vitamin B6: 0.15mg (7.58%), Vitamin B12: 0.36µg (5.99%), Zinc: 0.82mg (5.45%), Iron: 0.89mg (4.93%), Selenium: 3.36µg (4.8%), Potassium: 161.3mg (4.61%), Vitamin B1: 0.07mg (4.42%), Fiber: 1.07g (4.26%), Magnesium: 16.37mg (4.09%), Manganese: 0.08mg (4.05%), Vitamin B5: 0.39mg (3.93%), Copper: 0.06mg (3.17%), Vitamin B3: 0.36mg (1.81%)