



Arctic Char with Orange-Caper Relish



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers minced
- ☐ 24 ounce filets
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons onion red

- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup orange sections
- ☐ 1 teaspoon rice vinegar

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 9 ingredients in a small bowl; toss gently to combine. Cover and chill until ready to serve.
- ☐ Heat a large heavy skillet over medium-high heat.
- ☐ Sprinkle fish with salt and pepper. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Place 1 fillet on each of 4 plates; top each serving with about 1/4 cup relish.

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:15.90347830109%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg, Hesperetin: 12.77mg Naringenin: 6.99mg, Naringenin: 6.99mg, Naringenin: 6.99mg, Naringenin: 6.99mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 197.84kcal (9.89%), Fat: 4.75g (7.31%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.8g (5.34%), Cholesterol: 73.14mg (24.38%), Sodium: 438.9mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Selenium: 56.61µg (80.87%), Vitamin C: 30.28mg (36.7%), Phosphorus: 355.28mg (35.53%), Vitamin B12: 1.55µg (25.8%), Potassium: 811.85mg (23.2%), Vitamin B6: 0.46mg (22.8%), Vitamin K: 19.65µg (18.72%), Vitamin B3: 3.7mg (18.49%), Magnesium: 61.71mg (15.43%), Vitamin B1: 0.18mg (11.79%), Vitamin E: 1.72mg (11.49%), Vitamin D: 1.53µg (10.21%), Vitamin B2: 0.14mg (8.02%), Folate: 29.87µg (7.47%), Vitamin A: 294.36IU (5.89%), Fiber: 1.4g (5.61%), Zinc: 0.83mg (5.54%), Calcium: 51.31mg (5.13%), Iron: 0.86mg (4.79%), Copper: 0.09mg (4.25%), Manganese: 0.08mg (4.08%), Vitamin B5: 0.4mg (3.97%)