



Arctic Char with Pistachio Orange Vinaigrette

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

READY IN



15 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons pistachios divided
- 24 ounce filets with skin
- 1 tablespoon juice of lemon fresh to taste
- 1 navel oranges
- 2 tablespoons pistachios chopped
- 1 spring onion thinly sliced

Equipment

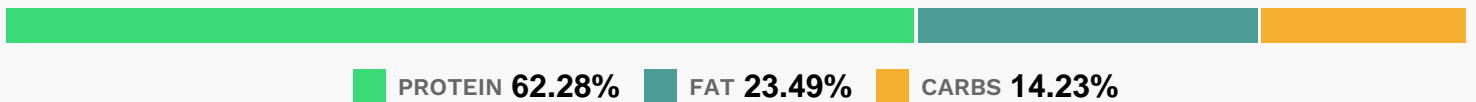
- whisk

- aluminum foil
- broiler
- spatula
- broiler pan
- microplane

Directions

- Preheat broiler.
- Put fish, skin side down, on foil-lined rack of a broiler pan.
- Sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper (total), then brush with 1 tablespoon nut oil.
- Broil 4 to 5 inches from heat until just cooked through, 6 to 8 minutes.
- Meanwhile, grate zest from orange with a Microplane and squeeze 1/4 cup juice.
- Whisk together zest, orange juice, lemon juice, 1/4 teaspoon salt, and 1/8 teaspoon pepper, then add remaining 2 tablespoons nut oil in a slow stream, whisking. Stir in scallion.
- Transfer fillets (without skin; it will be stuck to foil) with a metal spatula to plates, then drizzle with some of vinaigrette and sprinkle with nuts.
- Serve remaining vinaigrette on the side.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:16.442173937093%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg Naringenin: 2.54mg,

Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 211.1kcal (10.56%), Fat: 5.46g (8.4%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.86g (4.29%), Cholesterol: 73.14mg (24.38%), Sodium: 92.81mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.58g (65.16%), Selenium: 56.98µg (81.4%), Phosphorus: 400.69mg (40.07%), Vitamin B6: 0.61mg (30.37%), Vitamin C: 24.93mg (30.21%), Vitamin B12: 1.55µg (25.8%), Potassium: 868.84mg (24.82%), Vitamin B3: 3.8mg (18.99%), Magnesium: 70.45mg (17.61%), Vitamin B1: 0.24mg (15.81%), Vitamin D: 1.53µg (10.21%), Copper: 0.19mg (9.31%), Vitamin E: 1.38mg (9.19%), Vitamin B2: 0.15mg (8.61%), Folate: 31.26µg (7.81%), Manganese: 0.15mg (7.67%), Fiber: 1.82g (7.3%), Zinc: 1.01mg (6.76%), Iron: 1.11mg (6.15%), Vitamin K: 6.38µg (6.08%), Calcium: 54.49mg (5.45%), Vitamin A: 223.53IU (4.47%), Vitamin B5: 0.41mg (4.08%)