



WHATSheATE



Baked Fish with Roasted Potatoes, Tomatoes, and Salmoriglio Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 28 ounce canned tomatoes whole drained chopped canned
- ☐ 0.8 cup wine dry white
- ☐ 4 cups fennel bulb thinly sliced (2 small bulbs)
- ☐ 1 teaspoon fennel seeds
- ☐ 6 tablespoons parsley fresh divided chopped
- ☐ 3 garlic clove minced

- ☐ 6 servings sauce
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil divided
- ☐ 1 tablespoon orange zest grated
- ☐ 1.5 teaspoons oregano dried
- ☐ 6 cups potatoes – remove skin red peeled cut into 1/8-inch slices (2 pounds)
- ☐ 36 ounce fish fillet white firm

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine the potatoes, sliced fennel, 2 teaspoons oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a 13 x 9-inch baking dish; toss gently to coat.
- ☐ Bake at 450 for 30 minutes.
- ☐ Heat 1 teaspoon oil in a medium nonstick skillet.
- ☐ Add fennel seeds and garlic; saut 1 minute.
- ☐ Add 1/4 teaspoon salt, 1/8 teaspoon pepper, wine, 4 tablespoons parsley, orange rind, oregano, and tomatoes; bring to a boil. Reduce heat; simmer 8 minutes.
- ☐ Sprinkle fillets with 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange fillets over potato mixture; spread tomato mixture over fillets.
- ☐ Bake at 450 for 20 minutes or until the fish flakes easily when tested with a fork.
- ☐ Sprinkle with 2 tablespoons parsley; garnish with lemon rind strips, if desired.
- ☐ Serve with Salmoriglio Sauce.
- ☐ (Totals include Salmoriglio Sauce)

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:32.592608783556%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 330.09kcal (16.5%), Fat: 5.93g (9.13%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 22.25g (8.09%), Sugar: 9.66g (10.73%), Cholesterol: 85.05mg (28.35%), Sodium: 613.95mg (26.69%), Alcohol: 3.09g (100%), Alcohol %: 0.82% (100%), Protein: 38.84g (77.67%), Vitamin K: 118.52µg (112.88%), Selenium: 72.96µg (104.23%), Vitamin B3: 9.64mg (48.19%), Vitamin B12: 2.69µg (44.79%), Potassium: 1548.54mg (44.24%), Phosphorus: 419.1mg (41.91%), Vitamin C: 32.81mg (39.77%), Vitamin D: 5.27µg (35.15%), Vitamin B6: 0.68mg (33.75%), Manganese: 0.66mg (32.84%), Magnesium: 107.27mg (26.82%), Copper: 0.53mg (26.51%), Fiber: 6.24g (24.97%), Iron: 4.28mg (23.8%), Folate: 95.12µg (23.78%), Vitamin E: 3.14mg (20.94%), Vitamin B1: 0.25mg (16.47%), Vitamin B5: 1.59mg (15.9%), Vitamin A: 718.57IU (14.37%), Vitamin B2: 0.23mg (13.7%), Calcium: 123.37mg (12.34%), Zinc: 1.41mg (9.39%)