



HEALTH SCORE

69%

Bluefish as the Fisherman's Flag: Bandiera alla Marinara



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baking potato cut into 1/4-inch dice
- ☐ 1.5 pounds bluefish fillet cut into 4-ounce pieces
- ☐ 2 tablespoons capers salted rinsed
- ☐ 2 ribs celery cut into 1/4-inch dice
- ☐ 1 teaspoon chile flakes
- ☐ 3 cloves garlic thinly sliced
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 1 cup gaeta olives
- ☐ 1 onion cut into 1/4-inch dice
- ☐ 1 bunch parsley italian chopped
- ☐ 1 pound plum tomatoes fresh peeled coarsely chopped
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup water

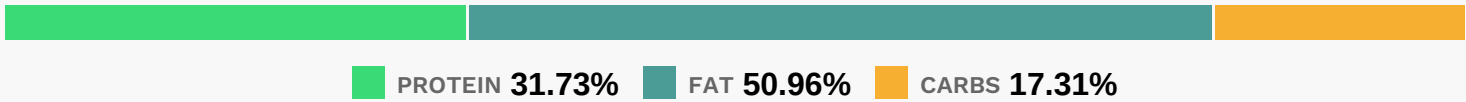
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat the oil until almost smoking.
- ☐ Add the onion, garlic, celery, and potato and saute 8 to 10 minutes, until golden brown.
- ☐ Add the chile flakes, olives, capers, and tomatoes, and cook 7 to 8 minutes, until the tomatoes have fallen apart.
- ☐ Add the water and bring to a boil. Season the fish well with salt and pepper, place it in the pan and cook, covered, for 8 to 10 minutes.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:6.49, Inflammation Score:-9, Nutrition Score:26.414782669233%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 20.86mg, Apigenin: 20.86mg, Apigenin: 20.86mg, Apigenin: 20.86mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 313.81kcal (15.69%), Fat: 17.96g (27.63%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 10.54g (3.83%), Sugar: 3.42g (3.8%), Cholesterol: 66.9mg (22.3%), Sodium: 715.84mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Vitamin K: 173.36µg (165.1%), Vitamin B12: 6.11µg (101.87%), Selenium: 42.2µg (60.29%), Vitamin A: 2133IU (42.66%), Vitamin B3: 7.87mg (39.36%), Vitamin B6: 0.71mg (35.62%), Vitamin C: 27.37mg (33.18%), Phosphorus: 313.57mg (31.36%), Potassium: 886.27mg (25.32%), Vitamin E: 2.88mg (19.17%), Magnesium: 66.38mg (16.6%), Fiber: 3.18g (12.73%), Manganese: 0.25mg (12.58%), Vitamin B5: 1.22mg (12.24%), Iron: 2mg (11.11%), Copper: 0.22mg (10.77%), Folate: 42.73µg (10.68%), Vitamin B1: 0.15mg (10.09%), Zinc: 1.35mg (9.01%), Vitamin B2: 0.15mg (8.75%), Calcium: 60.16mg (6.02%)