



Bluefish with Fresh Tomato Coulis

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

READY IN



45 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce bluefish fillets
- 2 tablespoons cilantro leaves fresh chopped
- 1 small garlic clove crushed
- 2 teaspoons lemon rind grated
- 1 tablespoon olive oil
- 0.3 teaspoon pepper
- 3 tablespoons red wine vinegar
- 0.3 teaspoon salt

- 1 tablespoon shallots minced
- 2 cups tomatoes coarsely chopped

Equipment

- bowl
- frying pan
- colander

Directions

- Place chopped tomato in a colander; sprinkle with 1/4 teaspoon salt, and toss tomatoes gently.
- Let tomatoes drain for 30 minutes.
- Combine tomato, vinegar, and next 4 ingredients (vinegar through garlic) in a bowl; stir well.
- Let stand at room temperature 30 minutes.
- Place fish on a jelly-roll pan coated with cooking spray, and sprinkle grated lemon rind, 1/4 teaspoon salt, and pepper over fish. Broil 8 minutes or until fish flakes easily when tested with a fork.
- Serve with tomato coulis.

Nutrition Facts

  
PROTEIN 58.77% **FAT 36.88%** **CARBS 4.35%**

Properties

Glycemic Index:27, Glycemic Load:0.63, Inflammation Score:-7, Nutrition Score:20.173043199207%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 244.41kcal (12.22%), Fat: 9.65g (14.85%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.47g (1.64%), Cholesterol: 100.36mg (33.45%), Sodium: 202.49mg (8.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Vitamin B12: 9.17µg (152.8%), Selenium: 62.19µg (88.84%), Vitamin B3: 10.43mg (52.14%), Phosphorus: 400.68mg (40.07%), Vitamin B6: 0.74mg (36.85%), Vitamin A: 1100.61IU (22.01%), Potassium: 763.88mg (21.83%), Magnesium: 62.65mg (15.66%), Vitamin B5: 1.46mg (14.64%), Zinc: 1.48mg (9.87%), Vitamin C: 8.03mg (9.73%), Vitamin B2: 0.15mg (8.66%), Vitamin B1: 0.12mg (7.97%), Copper: 0.13mg (6.26%), Manganese: 0.12mg (6.02%), Iron: 1.04mg (5.79%), Vitamin K: 5.9µg (5.62%), Vitamin E: 0.61mg (4.07%), Fiber: 0.76g (3.02%), Folate: 11.62µg (2.9%), Calcium: 20.28mg (2.03%)