



Broiled Arctic Char with Basil Sauce and Tomato



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly basil leaves fresh packed
- ☐ 6 oz arctic char fillet
- ☐ 0.3 teaspoon garlic minced
- ☐ 1 serving accompaniment: fresh-cut lemon
- ☐ 0.3 teaspoon brown sugar light packed
- ☐ 3.5 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon red-wine vinegar

- ☐ 0.1 teaspoon salt
- ☐ 1 small tomatoes cut into 1/3-inch-thick slices

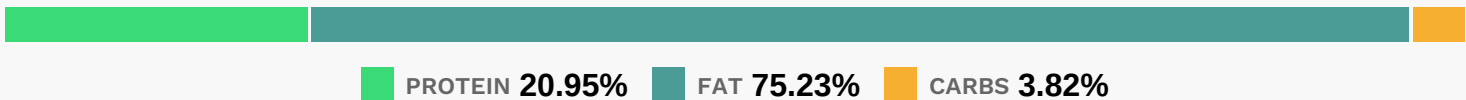
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ slotted spoon
- ☐ broiler pan

Directions

- ☐ Blanch basil in a 1-quart saucepan of boiling water 15 seconds, then transfer with a slotted spoon to a bowl of ice and cold water to stop cooking. Squeeze excess liquid from basil and purée in a blender with garlic, salt, and 3 tablespoons oil.
- ☐ Preheat broiler. Line rack of a small broiler pan with foil, then oil foil.
- ☐ Stir together brown sugar and vinegar until sugar is dissolved, then overlap tomato slices on a large plate and drizzle with vinegar mixture. Season with salt.
- ☐ Put fish, skin side down, on pan, then season with salt and pepper and drizzle with remaining 1/2 tablespoon oil. Broil fish about 3 inches from heat (without turning) until just cooked through, 6 to 8 minutes.
- ☐ Put fish on top of tomatoes and spoon basil sauce on top.
- ☐ Serve with lemon.

Nutrition Facts



Properties

Glycemic Index:163.5, Glycemic Load:1.2, Inflammation Score:-8, Nutrition Score:22.794782762942%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 599.68kcal (29.98%), Fat: 50.42g (77.57%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.58g (3.98%), Cholesterol: 73.14mg (24.38%), Sodium: 389.49mg (16.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.2%), Vitamin K: 86.67µg (82.54%), Selenium: 56.49µg (80.69%), Vitamin E: 8.74mg (58.29%), Phosphorus: 376.56mg (37.66%), Vitamin A: 1460.68IU (29.21%), Potassium: 970.07mg (27.72%), Vitamin B6: 0.52mg (26.17%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 20.3mg (24.6%), Vitamin B3: 4.17mg (20.86%), Magnesium: 73.17mg (18.29%), Manganese: 0.29mg (14.27%), Vitamin B1: 0.17mg (11.42%), Vitamin D: 1.53µg (10.21%), Iron: 1.63mg (9.08%), Folate: 34.52µg (8.63%), Vitamin B2: 0.14mg (8.19%), Copper: 0.15mg (7.68%), Zinc: 1.03mg (6.89%), Calcium: 62.53mg (6.25%), Fiber: 1.5g (5.98%), Vitamin B5: 0.39mg (3.85%)