



Broiled Fish with Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 8 kalamata olives pitted chopped
- ☐ 1.5 teaspoons olive oil
- ☐ 2 teaspoons olive oil
- ☐ 24 ounce orange roughy fillets (1/)

- ☐ 0.3 teaspoon paprika
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sun-dried tomatoes packed sliced
- ☐ 0.5 cup water boiling

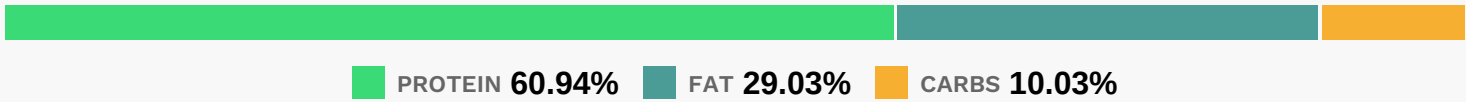
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Combine tomatoes and water; let stand 10 minutes.
- ☐ Drain.
- ☐ Combine olives and next 6 ingredients. Chop tomatoes; add to olive mixture. Stir well; set aside.
- ☐ Preheat broiler.
- ☐ Place fish on a baking sheet coated with cooking spray.
- ☐ Drizzle with oil, and sprinkle with paprika and pepper. Broil 3 minutes. Top with olive mixture; broil 3 minutes or until fish flakes easily when tested with a fork.
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:16.339999986731%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg,

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 193.57kcal (9.68%), Fat: 6.18g (9.5%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.68g (2.98%), Cholesterol: 102.06mg (34.02%), Sodium: 331.51mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.36%), Selenium: 114.03µg (162.9%), Vitamin K: 71.3µg (67.9%), Phosphorus: 211.43mg (21.14%), Vitamin E: 2.92mg (19.49%), Vitamin B3: 3.32mg (16.59%), Potassium: 555.25mg (15.86%), Iron: 2.73mg (15.15%), Folate: 55.46µg (13.86%), Manganese: 0.26mg (12.95%), Copper: 0.25mg (12.66%), Vitamin A: 628.38IU (12.57%), Magnesium: 46.56mg (11.64%), Vitamin B12: 0.65µg (10.77%), Vitamin C: 8.07mg (9.78%), Vitamin B2: 0.12mg (6.91%), Vitamin B6: 0.13mg (6.53%), Vitamin B1: 0.1mg (6.42%), Fiber: 1.34g (5.35%), Zinc: 0.6mg (3.98%), Calcium: 36.92mg (3.69%), Vitamin B5: 0.26mg (2.58%)