



Catfish and Potatoes with Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon anchovy paste
- 3 tablespoons capers drained
- 4 fillet catfish filets (2 pounds in all)
- 0.5 teaspoon dijon mustard
- 0.7 cup lightly flat-leaf parsley leaves packed
- 1 clove garlic
- 4 servings fresh-ground pepper black
- 4 teaspoons juice of lemon

- 1 pound new potatoes boiling quartered cut into 1-inch chunks (6) (3)
- 8 tablespoons olive oil
- 0.8 teaspoon salt

Equipment

- sauce pan
- blender
- grill
- broiler

Directions

- Put the parsley, capers, garlic, lemon juice, anchovy paste, mustard, 1/4 teaspoon of the salt and 1/8 teaspoon pepper in a blender. Pulse to chop. With the machine running, add 7 tablespoons of the oil in a thin stream to make a smooth puree.
- Put the potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat, and simmer until tender, about 15 minutes.
- Drain.
- Light the grill or heat the broiler. Coat the fish with the remaining 1 tablespoon oil and sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill or broil the fish for 3 minutes. Turn and cook until just done, 3 to 4 minutes longer.
- To serve, drizzle some of the salsa verde over the fish and potatoes.
- Serve the remaining salsa verde alongside.
- Fish Alternatives: In place of the catfish, you can use swordfish, salmon, halibut, or tuna steaks, or mahimahi or mackerel fillets--really almost any fish you can grill.
- Wine Recommendation: Once one of the most popular of all Italian whites, Verdicchio is better than ever these days. Sip it with this dish and discover how the wine's tangy character complements both fish and pungent sauces.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:28.469130516052%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 499.38kcal (24.97%), Fat: 33.27g (51.18%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.11g (6.22%), Sugar: 1.72g (1.91%), Cholesterol: 99.88mg (33.29%), Sodium: 763.96mg (33.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.93%), Vitamin K: 185.99µg (177.13%), Vitamin D: 21.28µg (141.84%), Vitamin B12: 3.8µg (63.4%), Phosphorus: 437.03mg (43.7%), Potassium: 1201.32mg (34.32%), Selenium: 23.42µg (33.46%), Vitamin C: 26.67mg (32.33%), Vitamin B1: 0.46mg (30.91%), Vitamin E: 4.23mg (28.22%), Vitamin B3: 5.03mg (25.14%), Vitamin B6: 0.42mg (20.79%), Vitamin A: 945.58IU (18.91%), Magnesium: 73.03mg (18.26%), Vitamin B5: 1.69mg (16.86%), Folate: 55.27µg (13.82%), Iron: 2.32mg (12.91%), Copper: 0.26mg (12.87%), Manganese: 0.25mg (12.71%), Vitamin B2: 0.18mg (10.78%), Fiber: 2.53g (10.13%), Zinc: 1.42mg (9.48%), Calcium: 57.86mg (5.79%)