



Cilantro Crusted Arctic Char with Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro stems finely chopped 1 bunch
- ☐ 24 ounce arctic char fillets skinless
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 pound green beans trimmed
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 3 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil extra-virgin

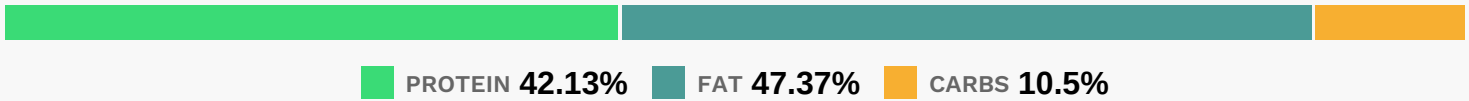
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat the broiler and set a rack 2 inches from the heat.
- ☐ Toss the beans with the oil, 3/4 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Place them on a baking sheet in a single layer. Broil the beans until crisp tender and charred in places, about 4 minutes.
- ☐ Stir together the cilantro stems and mayonnaise.
- ☐ Sprinkle each fillet with a generous pinch of salt and pepper, and then divide the cilantro mixture among the fillets, spreading to cover.
- ☐ Place the fillets over the beans and continue to broil until the fish is just cooked through, 4 to 5 minutes.
- ☐ Garnish with the chopped cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:21.542173758797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 308.67kcal (15.43%), Fat: 16.26g (25.01%), Saturated Fat: 2.48g (15.47%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.78g (4.2%), Cholesterol: 77.55mg (25.85%), Sodium: 166.5mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Selenium: 57.25µg (81.78%), Vitamin K: 77.24µg (73.57%), Phosphorus: 391.81mg (39.18%), Vitamin B6: 0.58mg (29.05%), Potassium: 956.73mg (27.34%), Vitamin B12: 1.56µg (26.01%), Vitamin B3: 4.37mg (21.84%), Magnesium: 83.63mg (20.91%), Vitamin A: 1006.31IU (20.13%), Vitamin E: 2.96mg (19.75%), Vitamin C: 16.13mg (19.55%), Vitamin B1: 0.22mg (14.99%), Manganese: 0.29mg (14.67%), Vitamin B2: 0.23mg (13.78%), Folate: 51.23µg (12.81%), Fiber: 3.15g (12.59%), Iron: 1.92mg (10.69%),

Vitamin D: 1.55µg (10.35%), Calcium: 72mg (7.2%), Zinc: 1.07mg (7.1%), Copper: 0.13mg (6.71%), Vitamin B5: 0.55mg (5.47%)