



Crispy Skate with Cauliflower, Bacon, Capers, and Croutons

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon capers drained
- ☐ 2 cups cauliflower florets ()
- ☐ 10 cherry tomatoes halved
- ☐ 0.3 cup cream of wheat cereal
- ☐ 2 tablespoons croutons plain coarsely chopped
- ☐ 0.3 teaspoon tarragon fresh chopped

- ☐ 0.3 teaspoon thyme sprigs fresh chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup rice flour
- ☐ 14 ounce boned skate wing (or Dover sole fillets)
- ☐ 4 slices bacon thick-cut cut into 1-inch pieces

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Sauté bacon in heavy large skillet over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Add cauliflower to drippings in skillet and sauté until crisp-tender and beginning to brown, about 5 minutes.
- ☐ Add tomatoes, lemon juice, capers, and thyme; simmer 1 minute to blend flavors.
- ☐ Remove from heat.
- ☐ Whisk rice flour, Cream of Wheat, and herbs in large shallow bowl to blend.
- ☐ Sprinkle fish with salt and pepper. Coat fish on both sides with flour mixture.
- ☐ Heat oil in another heavy large skillet over medium-high heat.
- ☐ Add fish. Sauté until brown and just opaque in center, about 3 minutes per side.
- ☐ Rewarm cauliflower mixture over medium heat.
- ☐ Mix in bacon and croutons. Season to taste with salt and pepper. Spoon cauliflower mixture into center of 2 plates; top with fish.
- ☐ *Available at some supermarkets, specialty foods stores, and natural foods stores.

Nutrition Facts



 **PROTEIN 23.18%**  **FAT 55.26%**  **CARBS 21.56%**

Properties

Glycemic Index:143.5, Glycemic Load:18.89, Inflammation Score:-8, Nutrition Score:27.086956723877%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 982.28kcal (49.11%), Fat: 60.58g (93.21%), Saturated Fat: 12.15g (75.92%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 48.23g (17.54%), Sugar: 4.47g (4.97%), Cholesterol: 47.52mg (15.84%), Sodium: 757.07mg (32.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.17g (114.33%), Vitamin C: 72.63mg (88.04%), Iron: 9.39mg (52.15%), Manganese: 0.88mg (43.77%), Vitamin B1: 0.62mg (41.43%), Vitamin B3: 8.2mg (41.02%), Selenium: 28.46µg (40.65%), Vitamin E: 5.91mg (39.41%), Vitamin K: 38.83µg (36.98%), Vitamin B6: 0.65mg (32.34%), Folate: 118.5µg (29.63%), Phosphorus: 264.93mg (26.49%), Calcium: 208.08mg (20.81%), Potassium: 715.74mg (20.45%), Fiber: 4.95g (19.81%), Vitamin B2: 0.31mg (18.53%), Vitamin B5: 1.55mg (15.52%), Magnesium: 55.87mg (13.97%), Copper: 0.25mg (12.34%), Zinc: 1.85mg (12.32%), Vitamin A: 470.86IU (9.42%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.29µg (1.92%)