



Fish Fillets with Olives and Oregano



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 slices optional: lemon very thin
- ☐ 1 teaspoons juice of lemon fresh
- ☐ 2 oz brine-cured olives such as picholine green pitted halved lengthwise
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano or dried fresh crumbled finely chopped
- ☐ 1 teaspoon salt

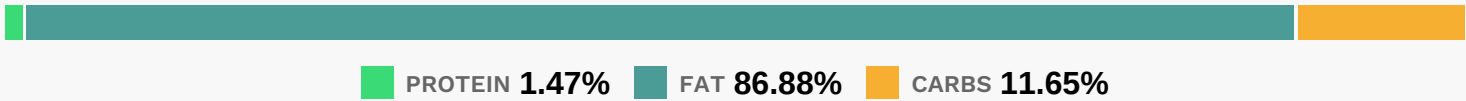
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 450°F.
- ☐ Pat fish dry and sprinkle with salt and pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sear fillets, skinned sides down, until browned well, 3 to 4 minutes.
- ☐ Transfer, seared sides up, to baking dish (reserve skillet), then top each fillet with a slice of lemon.
- ☐ Add wine to skillet and bring to a boil, scraping up any brown bits. Boil 30 seconds, then pour around fish. Scatter olives around fish and bake, uncovered, until fish is just cooked through, 8 to 12 minutes.
- ☐ Transfer fish to a platter, then whisk lemon juice, oregano, and remaining 2 tablespoons oil into cooking liquid in baking dish. Season sauce with salt and pepper and spoon over fish.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:3.9413043001424%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 147.22kcal (7.36%), Fat: 12.8g (19.7%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.1g (0.77%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 805.01mg (35%), Alcohol: 3.09g (100%), Alcohol %: 5.84% (100%), Protein: 0.49g (0.97%), Vitamin K: 22.39µg (21.32%), Vitamin E: 2.52mg (16.81%), Manganese: 0.18mg (8.98%), Fiber: 1.76g (7.05%), Iron: 1.19mg (6.61%), Calcium: 52.91mg (5.29%), Vitamin C: 4.25mg (5.15%), Magnesium: 12.17mg (3.04%), Vitamin B6: 0.05mg (2.6%), Potassium: 71.59mg (2.05%), Vitamin A: 100.53IU (2.01%), Copper: 0.04mg (1.95%), Folate: 7.69µg (1.92%), Vitamin B2: 0.02mg (1.21%), Phosphorus: 11.08mg (1.11%)