



 **47%**
HEALTH SCORE

Fish in Pine Nut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs fresh
- 1 cup wine dry white
- 0.3 cup parsley fresh chopped
- 1 tablespoon garlic finely minced
- 4 tablespoons olive oil
- 1 large onion finely chopped
- 1 cup peas english cooked
- 0.5 cup pinenuts

- 8 servings pepper black freshly ground
- 1 teaspoon paprika sweet
- 1.5 cups tomatoes peeled seeded chopped
- 1.5 pounds fish fillet white firm cut into 8 pieces

Equipment

- food processor
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat the oven to 350°F.
- Spread the pine nuts on a baking sheet and toast in the oven, stirring occasionally, until fragrant and golden, about 8 minutes.
- Pour onto a plate to cool.
- Transfer 1/4 cup of the toasted nuts to a nut grinder or small food processor and grind or pulse until finely ground.
- In a frying pan, heat 2 tablespoons of the oil over medium heat.
- Add the onion and cook, stirring occasionally, until softened and translucent, about 8 minutes.
- Add the paprika, garlic, ground pine nuts, bread crumbs, and saffron, if using, and cook, stirring often, for 3 minutes.
- Add the tomatoes and stock and cook, stirring occasionally, until thickened, 5 to 8 minutes. Season to taste with salt and pepper. Keep warm over low heat.
- In a large frying pan, heat the remaining 2 tablespoons oil over medium heat.
- Sprinkle the fish with salt and pepper, add to the pan, and cook, turning once, until browned on both sides, about 3 minutes on each side.
- Pour the sauce over the fish, add the peas, if using, and simmer until the fish is opaque throughout, about 5 minutes longer.

- Transfer to a serving dish or individual dishes, and garnish with the remaining pine nuts and the parsley.
- Serve at once.
- Variation
- You can skip the step of browning the fish, and instead poach it in the sauce. Or, you can combine the fish and the sauce in a baking dish, making sure the fish is fully covered by the sauce, and bake in a preheated in a 450°F oven until fish is tender, 10 to 12 minutes, depending on the thickness of the pieces. If baking, do not reduce the sauce too much, as some of the liquid will evaporate in the oven.
- Wine
- Spanish: Chardonnay/blend (Penedès, Tarragona), dry amontillado sherry (Jerez)Non-Spanish: Rousanne/blend (France, California), Chardonnay (Argentina, New Zealand)
- From Tapas: Sensational Small Plates from Spain by Joyce Goldstein. Text copyright © 2009 by Joyce Goldstein; food photography © 2009 by Leigh Beisch. Published by Chronicle Books LLC.

Nutrition Facts

PROTEIN 31.94%

FAT 51.68%

CARBS 16.38%

Properties

Glycemic Index:29.17, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:17.714347787525%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 268.57kcal (13.43%), Fat: 14.6g (22.46%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.06g (2.93%), Sugar: 3.41g (3.79%), Cholesterol: 42.52mg (14.17%), Sodium: 75.2mg (3.27%), Alcohol: 3.09g (100%), Protein: 20.3g (40.61%), Selenium: 37.07µg (52.96%), Manganese: 1.01mg (50.35%), Vitamin

K: 48.2µg (45.91%), Phosphorus: 239.34mg (23.93%), Vitamin B3: 4.57mg (22.85%), Vitamin B12: 1.36µg (22.59%), Vitamin C: 15.34mg (18.59%), Vitamin D: 2.64µg (17.58%), Vitamin E: 2.4mg (16.03%), Magnesium: 61.33mg (15.33%), Potassium: 494.44mg (14.13%), Vitamin A: 655.92IU (13.12%), Vitamin B6: 0.26mg (13%), Copper: 0.25mg (12.48%), Folate: 49.75µg (12.44%), Vitamin B1: 0.17mg (11.43%), Iron: 1.8mg (10.02%), Fiber: 2.35g (9.39%), Zinc: 1.26mg (8.38%), Vitamin B2: 0.13mg (7.72%), Vitamin B5: 0.56mg (5.61%), Calcium: 35.85mg (3.59%)