



Fish Skewers with Basil Chimichurri

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cherry tomatoes
- 10 ounces fish fillet white such as cod, haddock or halibut, cut into 16 pieces (1 inch each) firm
- 1.3 cups basil leaves fresh coarsely chopped
- 0.8 cup parsley leaves fresh coarsely chopped
- 1 clove garlic minced
- 2 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil

- 1 pinch pepper flakes red crushed
- 1 tablespoon onion sweet finely chopped
- 0.3 cup vegetable oil
- 0.3 cup onion white chopped
- 1 tablespoon citrus champagne vinegar
- 2 tablespoons citrus champagne vinegar
- 1.3 pounds zucchini and/or squash yellow cut into 1-inch pieces

Equipment

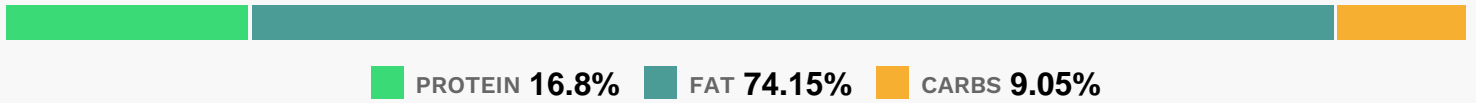
- food processor
- bowl
- grill
- skewers
- wooden skewers

Directions

- Watch how to make this recipe.
- Special equipment: Special equipment: eight 10-inch wooden skewers, soaked in water for about 30 minutes
- For the marinade: In a medium glass bowl, mix together the
- onions, garlic, oil, vinegar, lemon juice and salt and pepper to taste.
- Add the fish and squash and marinate at room temperature,
- about 15 minutes.
- Combine the basil, parsley, onions,
- garlic, olive oil, vinegar, lemon juice, red pepper flakes and salt and pepper
- to taste in a food processor bowl, and pulse until the ingredients are just
- combined and chunky.
- Preheat the grill on high. Oil the grates well.
- For the fish skewers: Thread the marinated fish and squash

- onto the soaked skewers, 2 pieces of fish per skewer.
- Place 1 cherry tomato on
- the end of each skewer.
- Place on the grill and cook until lightly charred on
- the outside and the fish is just cooked through, 3 to 4 minutes per side.
- While the fish is still warm, drizzle with a little basil
- chimichurri and serve more on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:22.985652156498%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg, Myricetin: 1.72mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 395.27kcal (19.76%), Fat: 33.52g (51.56%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 6.76g (2.46%), Sugar: 5.45g (6.05%), Cholesterol: 35.44mg (11.81%), Sodium: 61.1mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Vitamin K: 259.81µg (247.44%), Vitamin C: 56.39mg (68.35%), Selenium: 30.31µg (43.29%), Vitamin A: 1802.23IU (36.04%), Vitamin E: 4.53mg (30.21%), Manganese: 0.46mg (23.22%), Potassium: 784.99mg (22.43%), Vitamin B6: 0.43mg (21.34%), Folate: 83.17µg (20.79%), Phosphorus: 201.65mg (20.17%), Vitamin B3: 3.84mg (19.2%), Vitamin B12: 1.12µg (18.66%), Magnesium: 61.1mg (15.28%), Vitamin D: 2.2µg (14.65%), Iron: 2.31mg (12.82%), Vitamin B2: 0.21mg (12.28%), Copper: 0.21mg (10.6%), Fiber: 2.43g (9.74%), Vitamin B1: 0.13mg (8.55%), Vitamin B5: 0.78mg (7.79%), Calcium: 68.75mg (6.87%), Zinc: 0.96mg (6.39%)