



## Fish with Tomatoes and Chili

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz canned tomatoes diced canned
- 1.5 teaspoons cornstarch
- 2 tablespoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 3 tablespoons jalapeño chili fresh minced
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 6 oz onion chopped

- 6 servings salt and pepper
- 1.5 pounds white-fleshed fish fillets such as chilean seabass firm

## Equipment

- frying pan
- oven
- baking pan
- spatula

## Directions

- Rinse fish and pat dry; cut into serving-size pieces. Rub fish with 2 teaspoons oil.
- Place fish pieces slightly apart in a single layer in a 10- by 15-inch baking pan.
- Bake in a 425 oven, uncovered, until fish is barely opaque in thickest part (cut to test), 10 to 15 minutes.
- In a 10- to 12-inch frying pan, combine remaining oil, onion, garlic, and chili. Stir often over medium-high heat, until onion is lightly browned, about 5 minutes. Meanwhile, drain tomatoes, reserving juice.
- Mix reserved tomato juice, lemon juice, and cornstarch.
- Add tomatoes and juice mixture to onion; stir until mixture boils and thickens.
- With a slotted spatula, transfer fish to plates. Spoon sauce over fish; sprinkle with cilantro.
- Add salt and pepper to taste.

## Nutrition Facts



**PROTEIN 58.61%** **FAT 24.52%** **CARBS 16.87%**

## Properties

Glycemic Index:20.17, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:14.006956701693%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

## **Nutrients (% of daily need)**

Calories: 158.63kcal (7.93%), Fat: 4.42g (6.8%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.43g (1.97%), Sugar: 3.22g (3.57%), Cholesterol: 56.7mg (18.9%), Sodium: 352.44mg (15.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Selenium: 47.8µg (68.29%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.05mg (25.27%), Vitamin D: 3.52µg (23.44%), Vitamin C: 18.68mg (22.64%), Phosphorus: 217.82mg (21.78%), Vitamin B6: 0.34mg (16.95%), Potassium: 538.61mg (15.39%), Magnesium: 42.57mg (10.64%), Vitamin E: 1.54mg (10.25%), Folate: 40.72µg (10.18%), Iron: 1.42mg (7.87%), Manganese: 0.16mg (7.85%), Copper: 0.15mg (7.55%), Vitamin B2: 0.12mg (7.28%), Vitamin B5: 0.7mg (7.02%), Vitamin K: 6.91µg (6.58%), Vitamin B1: 0.1mg (6.4%), Fiber: 1.41g (5.66%), Calcium: 42.2mg (4.22%), Zinc: 0.54mg (3.62%), Vitamin A: 170.81IU (3.42%)