



Fish with Tomatoes, Olives and Capers

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

READY IN



15 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby spinach leaves fresh packed
- 0.5 cup olives black pitted chopped
- 1 cup tomatoes diced with juice low-sodium canned
- 2 tablespoons capers
- 4 teaspoons olive oil divided
- 1 small onion diced
- 0.3 teaspoon pepper dried red crushed
- 4 servings salt and pepper

- 20 ounce sea bass fillets white (or other fish)
- 0.5 cup white wine

Equipment

- frying pan
- aluminum foil

Directions

- Watch how to make this recipe.
- In a large nonstick skillet heat 2 teaspoons of oil over a medium-high heat.
- Add fish and cook until opaque in the center, about 2 1/2 minutes per side.
- Transfer the fish to a platter and tent with foil to keep the fish warm.
- Heat the remaining 2 teaspoons of oil in the same skillet; add onion and saute for 2 minutes.
- Add the wine and cook until reduced by half, about 2 minutes.
- Add the tomatoes, olives and capers and crushed red pepper, if using, and cook for 3 minutes more. Stir in the spinach and cook until it is wilted, about 3 minutes. Season with salt and pepper. Spoon the sauce over the fish and serve.

Nutrition Facts

PROTEIN 47.8% **FAT 40.91%** **CARBS 11.29%**

Properties

Glycemic Index:18.5, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:22.471738877504%

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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg, Kaempferol: 6.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg, Quercetin: 11.36mg

Nutrients (% of daily need)

Calories: 243.85kcal (12.19%), Fat: 10.09g (15.52%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 4.31g (1.57%), Sugar: 2.64g (2.93%), Cholesterol: 113.4mg (37.8%), Sodium: 767.59mg (33.37%), Alcohol: 3.09g (100%), Alcohol %: 1.35% (100%), Protein: 26.53g (53.05%), Vitamin B12: 5.41µg (90.25%), Selenium: 52.29µg (74.7%), Vitamin K: 78.14µg (74.42%), Vitamin A: 1713.57IU (34.27%), Phosphorus: 311.34mg (31.13%), Vitamin B6: 0.57mg (28.29%), Magnesium: 83.27mg (20.82%), Vitamin B3: 3.65mg (18.23%), Potassium: 617.43mg (17.64%), Iron: 2.49mg (13.84%), Vitamin C: 11.26mg (13.65%), Vitamin E: 2.02mg (13.45%), Manganese: 0.27mg (13.27%), Vitamin B1: 0.19mg (12.97%), Folate: 51.74µg (12.94%), Vitamin B5: 1.18mg (11.85%), Fiber: 1.96g (7.82%), Copper: 0.15mg (7.47%), Calcium: 72.38mg (7.24%), Vitamin B2: 0.12mg (7.12%), Zinc: 0.82mg (5.48%)