



Grilled Fish Sammies with Garlic Tartar Sauce and Baked Waffle Fries with Spicy Bloody Ketchup and a Slaw Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



1263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers
- ☐ 4 servings celery salt
- ☐ 0.3 cup cider vinegar
- ☐ 4 crusty rolls split
- ☐ 1 bulb fennel with tops, thinly sliced plus 1/4 cup fennel tops
- ☐ 24 ounce fillets fish skinless white such as halibut,

- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 1 pound waffle fries store-bought
- ☐ 1 clove garlic grated
- ☐ 0.3 cup olives green pitted chopped
- ☐ 2 tablespoons grill seasoning (recommended: McCormick's)
- ☐ 0.3 cup honey
- ☐ 1 teaspoon hot sauce
- ☐ 1 cup catsup
- ☐ 1 optional: lemon
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 head cabbage shredded red
- ☐ 8 leaf lettuce leaves green red
- ☐ 0.5 onion red very thinly sliced
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 tablespoons sesame seed toasted
- ☐ 2 teaspoons worcestershire sauce

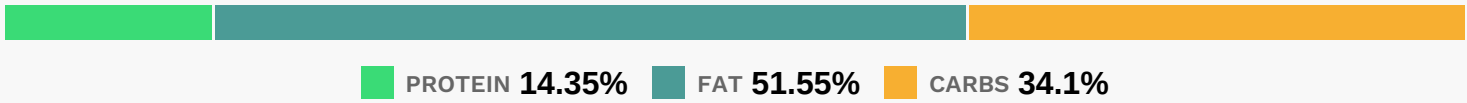
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Preheat oven to 425 degrees F and bake fries 20 minutes, or according to package directions, turning once.
- ☐ Heat skillet or grill or grill pan over medium-high heat.
- ☐ Season the fish with salt and pepper and coat with about 1 tablespoon extra-virgin olive oil.
- ☐ Toast rolls on grill or heat broiler and set them in the middle of the oven to brown, then reserve.
- ☐ Combine mayonnaise with grated garlic, capers, olives, parsley.
- ☐ Combine ketchup with Worcestershire, hot sauce, horseradish and lots of black pepper.
- ☐ Cook fish 3 to 4 minutes on each side until firm, opaque and cooked through. Squeeze lemon over cooked fish.
- ☐ Remove fries from oven and season with celery salt and pepper.
- ☐ Place fish on rolls with lettuce, red onion and tartar sauce.
- ☐ Serve fries alongside with bloody ketchup.
- ☐ In a large bowl, combine the fennel, fennel tops and red cabbage. In a separate small bowl, combine the honey, cider vinegar, grill seasoning, poppy seeds, and sesame seeds. Slowly whisk in the olive oil.
- ☐ Pour the dressing over the salad and toss together.

Nutrition Facts



Properties

Glycemic Index:117.53, Glycemic Load:31.82, Inflammation Score:-10, Nutrition Score:50.016956743987%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg, Apigenin: 2.27mg

2.27mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg, Kaempferol: 8mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 1262.5kcal (63.12%), Fat: 74.53g (114.66%), Saturated Fat: 14.49g (90.58%), Carbohydrates: 110.92g (36.97%), Net Carbohydrates: 97.27g (35.37%), Sugar: 38.94g (43.27%), Cholesterol: 102.69mg (34.23%), Sodium: 2330.85mg (101.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.67g (93.34%), Vitamin K: 231.38µg (220.36%), Selenium: 88.38µg (126.26%), Vitamin C: 97.73mg (118.46%), Vitamin A: 3920.75IU (78.42%), Manganese: 1.54mg (76.83%), Vitamin B3: 13.22mg (66.08%), Phosphorus: 563.09mg (56.31%), Potassium: 1945.25mg (55.58%), Fiber: 13.65g (54.6%), Vitamin B6: 0.98mg (49.11%), Folate: 184.57µg (46.14%), Vitamin B12: 2.74µg (45.63%), Vitamin E: 6.53mg (43.56%), Iron: 7.59mg (42.15%), Vitamin B1: 0.56mg (37.05%), Magnesium: 145.39mg (36.35%), Vitamin D: 5.36µg (35.71%), Vitamin B2: 0.54mg (31.73%), Copper: 0.59mg (29.49%), Calcium: 272.58mg (27.26%), Vitamin B5: 2.17mg (21.7%), Zinc: 2.5mg (16.69%)