



## Grilled Wahoo with Tomato Sauce

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**182 kcal**

SIDE DISH

### Ingredients

- 4 anchovies dry chopped in oil
- 2 tablespoons canola oil
- 1 tablespoon capers drained
- 1 pint cherry tomatoes halved
- 0.3 cup flat-leaf parsley chopped
- 2 cloves garlic chopped
- 0.5 cup kalamata olives pitted
- 1 lemon zest juiced

- 2 tablespoons olive oil extra-virgin plus more for finishing dish
- 2 teaspoons oregano leaves fresh finely chopped
- 4 servings salt and pepper black freshly ground
- 4 fillet wahoo good (or whatever a size is)
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## Equipment

- frying pan
- grill

## Directions

- Watch how to make this recipe.
- Heat the grill to high.
- Brush both sides of the fillets with canola oil and season with salt and pepper, to taste. Grill until slightly charred and almost cooked through, about 3 to 4 minutes per side, (it will continue cooking in the sauce).
- While the fish is grilling, heat the olive oil in a large saute pan over medium heat.
- Add the garlic, anchovies and tomatoes and cook until slightly soft, about 4 minutes.
- Add the capers, olives, lemon juice, oregano and parsley and cook for 30 seconds.
- Transfer the fish to the sauce and let cook for 1 minute.
- Transfer to a serving platter and serve.

## Nutrition Facts

    
 **PROTEIN 5.19%**  **FAT 79.77%**  **CARBS 15.04%**

## Properties

Glycemic Index:24.75, Glycemic Load:0.2, Inflammation Score:-9, Nutrition Score:11.339999972478%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg

Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

## Nutrients (% of daily need)

Calories: 182.41kcal (9.12%), Fat: 17.01g (26.17%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 7.22g (2.41%), Net Carbohydrates: 5g (1.82%), Sugar: 3.2g (3.55%), Cholesterol: 2.4mg (0.8%), Sodium: 338.66mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin K: 81.16µg (77.29%), Vitamin C: 34.47mg (41.78%), Vitamin E: 3.8mg (25.3%), Vitamin A: 983.88IU (19.68%), Manganese: 0.22mg (11.12%), Iron: 1.74mg (9.65%), Potassium: 324.28mg (9.27%), Fiber: 2.21g (8.85%), Copper: 0.14mg (7.2%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.36mg (6.78%), Folate: 25.03µg (6.26%), Calcium: 54.85mg (5.49%), Magnesium: 20.15mg (5.04%), Phosphorus: 47.25mg (4.72%), Vitamin B1: 0.06mg (3.85%), Selenium: 2.5µg (3.58%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.22mg (2.22%)