



Hake with Chunky "Romesco"

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 cups torn pieces of baguette ()
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2.5 lb hake fillets skinless ()
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 12 oz roasted peppers red dry rinsed

- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 0.5 cup almonds whole with skin, coarsely chopped

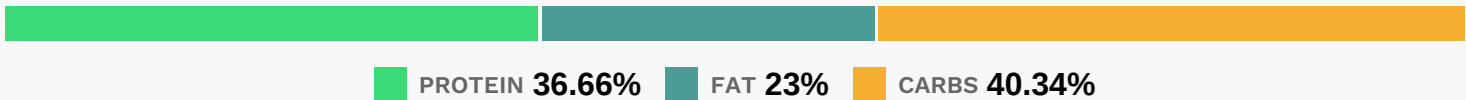
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 450°F.
- ☐ Coat bottom of a 13- by 9-inch baking dish with 1 tablespoon oil and add fish, skinned side down.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Cook garlic, almonds, and bread in 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, stirring, until pale golden, 6 to 8 minutes. Stir in parsley and spoon over fish.
- ☐ Bake fish, uncovered, 5 minutes. Loosely cover with foil and bake until fish is just cooked through, 20 to 28 minutes more (depending on thickness of fish).
- ☐ Drizzle with 1 tablespoon oil.
- ☐ Coarsely chop red peppers in a food processor.
- ☐ Add vinegar, cayenne, and remaining 1/4 cup oil and pulse until just combined.
- ☐ Serve fish topped with sauce.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:29.53, Inflammation Score:-7, Nutrition Score:24.123478101647%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 477.66kcal (23.88%), Fat: 12.18g (18.74%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 43.9g (15.96%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 1853.78mg (80.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.68g (87.36%), Selenium: 63.9µg (91.28%), Phosphorus: 424.82mg (42.48%), Manganese: 0.82mg (41.01%), Vitamin B1: 0.56mg (37.28%), Vitamin K: 37.99µg (36.18%), Vitamin C: 29.42mg (35.66%), Iron: 6.05mg (33.61%), Potassium: 990.54mg (28.3%), Folate: 112.43µg (28.11%), Vitamin B2: 0.44mg (25.99%), Vitamin E: 3.87mg (25.79%), Vitamin B3: 4.81mg (24.07%), Calcium: 231.88mg (23.19%), Fiber: 4.18g (16.74%), Magnesium: 63.3mg (15.83%), Copper: 0.31mg (15.65%), Vitamin B6: 0.23mg (11.31%), Vitamin A: 499.11IU (9.98%), Zinc: 1.21mg (8.09%), Vitamin B5: 0.43mg (4.29%)