



Jalapeno Chermoula Penne and Flaked Fish

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds cod white firm
- 0.5 cup evoo plus more to brush the fish
- 0.5 cup basil fresh
- 0.5 cup cilantro leaves fresh packed
- 0.3 cup mint leaves fresh
- 1 cloves garlic grated chopped
- 2 to 3 jalapeño peppers seeded coarsely chopped
- 1 juice of lime

- 1 pound penne pasta
- 4 servings salt and pepper black freshly ground
- 4 servings seafood seasoning
- 1 shallots coarsely chopped
- 4 servings slivered almonds toasted for garnish

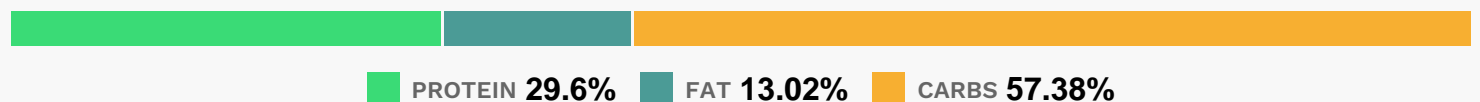
Equipment

- food processor
- bowl
- pot
- broiler

Directions

- Place the basil, cilantro, mint, jalapenos, garlic, shallots, lime juice, olive oil and some salt and pepper in the food processor. Pulse to finely chop and combine the sauce; it should resemble a loose pesto. Store in an airtight container.
- To serve, preheat the broiler and bring a large pot of water to a boil.
- Brush the fish with oil and sprinkle with the seafood seasoning. Broil until opaque and brown at edges.
- Salt the water and cook the pasta to al dente, reserving 1 cup of the starchy water before draining.
- Toss the pasta with half of the starchy water, the sauce and half of the flaked cooked fish. Taste to adjust the seasoning, and add more of the pasta water if the pasta is dry.
- Serve the pasta in shallow bowls topped with the remaining fish and some almonds.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:34.5, Inflammation Score:-8, Nutrition Score:26.475652072741%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 632.74kcal (31.64%), Fat: 9g (13.85%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 89.22g (29.74%), Net Carbohydrates: 84.45g (30.71%), Sugar: 4.07g (4.53%), Cholesterol: 73.14mg (24.38%), Sodium: 102.48mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.04g (92.07%), Selenium: 128.4µg (183.43%), Manganese: 1.35mg (67.65%), Phosphorus: 580.47mg (58.05%), Vitamin K: 39.86µg (37.96%), Vitamin B6: 0.68mg (34.01%), Magnesium: 129.72mg (32.43%), Potassium: 1063.06mg (30.37%), Vitamin B3: 5.75mg (28.74%), Vitamin B12: 1.55µg (25.8%), Copper: 0.44mg (22.11%), Fiber: 4.78g (19.1%), Vitamin C: 15.2mg (18.43%), Iron: 3.29mg (18.27%), Vitamin E: 2.62mg (17.46%), Zinc: 2.57mg (17.16%), Vitamin B1: 0.25mg (16.89%), Vitamin B2: 0.22mg (12.65%), Vitamin A: 613.45IU (12.27%), Folate: 46.81µg (11.7%), Vitamin D: 1.53µg (10.21%), Calcium: 93.18mg (9.32%), Vitamin B5: 0.84mg (8.36%)