



Marinated Arctic Char with Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper red crushed
- ☐ 2 pinches pepper red crushed
- ☐ 2 tablespoons optional: dill chopped
- ☐ 2 sprigs thyme leaves fresh coarsely chopped
- ☐ 1 clove garlic minced crushed
- ☐ 1 clove garlic smashed
- ☐ 1 pinch kosher salt
- ☐ 4 servings kosher salt

- ☐ 0.5 lemon zest
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin plus more for cooking
- ☐ 1 bunch parsley chopped
- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.3 medium onion diced red finely
- ☐ 4 fillet skin-on arctic char
- ☐ 0.3 cup vinegar white
- ☐ 1 small zucchini green

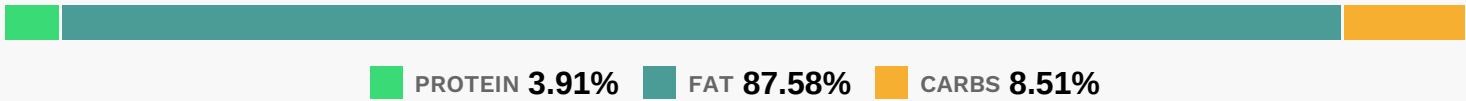
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the olive oil, crushed red pepper, thyme, garlic and lemon zest in a medium bowl, and then massage over the fish.
- ☐ Sprinkle with salt, and set aside to marinate, 15 to 20 minutes.
- ☐ Rub off any excess herbs to prevent burning. Coat a medium saute pan with olive oil and bring to high heat. When the oil is hot, add the fish skin-side down. Resist the urge to try to move the fish. Cook 3 to 4 minutes, and then gently shake the pan to allow the fish to unstick itself. Carefully flip and continue cooking until just cooked through, about 4 minutes more.
- ☐ Serve with the Salsa Verde.
- ☐ Combine the vinegar, olive oil, pine nuts, dill, red pepper, salt, garlic, parsley, zucchini and onions in a medium bowl. Taste and season with more salt, if necessary.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:13.124347616797%

Flavonoids

Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 224.24kcal (11.21%), Fat: 22.38g (34.42%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 216.71mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin K: 249.38µg (237.5%), Manganese: 0.79mg (39.69%), Vitamin C: 27.38mg (33.19%), Vitamin A: 1323.67IU (26.47%), Vitamin E: 3.32mg (22.15%), Iron: 1.72mg (9.57%), Magnesium: 33.67mg (8.42%), Folate: 33.28µg (8.32%), Copper: 0.15mg (7.45%), Phosphorus: 68.72mg (6.87%), Potassium: 224.59mg (6.42%), Fiber: 1.43g (5.72%), Zinc: 0.78mg (5.19%), Vitamin B6: 0.1mg (4.99%), Vitamin B1: 0.06mg (4%), Vitamin B2: 0.07mg (3.91%), Calcium: 36.95mg (3.69%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.16mg (1.64%)