



## Mediterranean Baked Fish with Olives & Artichokes

 Gluten Free

READY IN



42 min.

SERVINGS



42

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 oz artichoke hearts drained
- 14 oz canned tomatoes drained canned
- 1 lb filets frozen thawed (Do not separate fillets.)
- 0.5 cup athenos feta cheese with lemon, garlic & oregano crumbled
- 0.5 cup kalamata olives pitted
- 1 optional: lemon cut into 4 wedges
- 2 Tbsp sun tomato vinaigrette dressing dried kraft

2 medium zucchini sliced

## Equipment

frying pan

oven

## Directions

Preheat oven to 400F.

Cut opened package of fish into four equal pieces; set aside.

Heat dressing in large ovenproof skillet on medium-high heat.

Add fish; cook 5 min. or until lightly browned on both sides, turning after 2-1/2 min.

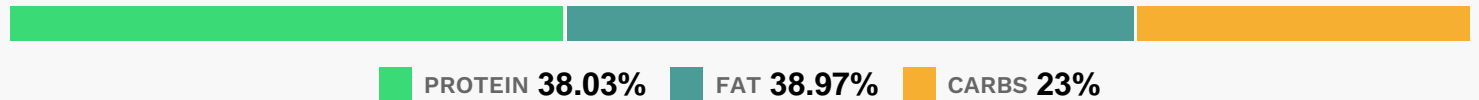
Combine zucchini, tomatoes, olives and artichokes. Spoon evenly around fish.

Bake 15 min.; sprinkle with cheese.

Bake an additional 8 to 12 min. or until fish flakes easily with fork.

Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:2.51, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.0347826273545%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 25.63kcal (1.28%), Fat: 1.15g (1.77%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.77g (0.86%), Cholesterol: 6.23mg (2.08%), Sodium: 79.49mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Selenium: 3.95µg (5.65%), Vitamin C: 4.01mg

(4.86%), Phosphorus: 34.99mg (3.5%), Vitamin B6: 0.07mg (3.3%), Potassium: 102.04mg (2.92%), Vitamin B2: 0.04mg (2.14%), Vitamin B12: 0.13µg (2.14%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.3mg (2.01%), Magnesium: 7.75mg (1.94%), Manganese: 0.04mg (1.84%), Fiber: 0.46g (1.84%), Calcium: 16.74mg (1.67%), Vitamin K: 1.72µg (1.64%), Vitamin B1: 0.02mg (1.57%), Copper: 0.03mg (1.44%), Iron: 0.23mg (1.3%), Folate: 5.13µg (1.28%), Vitamin A: 57.72IU (1.15%), Zinc: 0.16mg (1.05%)