



Mediterranean Seafood Grill with Skordalia

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon thyme dried
- ☐ 8 garlic clove peeled
- ☐ 1 pound pacific halibut filets cut into 4 pieces
- ☐ 1 juice of lemon
- ☐ 3 tablespoons olive oil divided
- ☐ 0.3 cup greek yogurt plain low-fat
- ☐ 2 bell pepper red quartered
- ☐ 0.5 onion red sliced

- ☐ 0.5 teaspoon salt divided
- ☐ 1 slice sourdough bread
- ☐ 1 pound yukon gold potatoes
- ☐ 1 pound zucchini cut into 1-inch pieces

Equipment

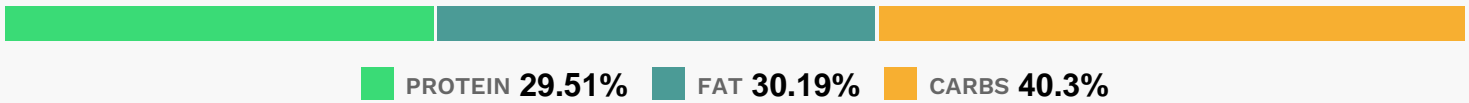
- ☐ bowl
- ☐ sauce pan
- ☐ colander
- ☐ grill pan
- ☐ potato ricer

Directions

- ☐ Peel potatoes, and chop into 1-inch pieces.
- ☐ Place in a large saucepan, and cover with cold water.
- ☐ Add garlic, and cook over high heat about 15 minutes or until potatoes are easily pierced with a fork.
- ☐ While potatoes cook, tear bread into 3 or 4 pieces and place in a large bowl. Spoon 2 to 3 tablespoons cooking liquid from potatoes over bread. Stir with a fork until smooth.
- ☐ Add yogurt, 2 tablespoons olive oil, and zest and juice of 1 lemon; stir until a smooth paste forms.
- ☐ When the potatoes are done, place a large bowl in the sink and set a colander on top.
- ☐ Drain potatoes and garlic, reserving cooking liquid.
- ☐ Transfer potatoes to bread mixture and mash until smooth (a potato ricer works well for this task).
- ☐ Add reserved cooking liquid 2 tablespoons at a time until mixture takes on the consistency of loose mashed potatoes. Stir in teaspoon salt and 2 teaspoons olive oil. Cover and keep warm until ready to serve.
- ☐ Preheat grill pan over medium-high heat.

- ☐ Drizzle fish with teaspoon olive oil and season with remaining teaspoon salt and thyme. Cook fish 2 to 3 minutes on each side until fish flakes when tested with a fork or until desired degree of doneness.
- ☐ Transfer to a plate; cover and keep warm until ready to serve.
- ☐ Place bell pepper, zucchini, and red onion in a large bowl.
- ☐ Drizzle with remaining teaspoon olive oil; toss to coat. Arrange bell pepper in grill pan and cook 5 minutes over medium heat.
- ☐ Add zucchini and onion; cook 10 minutes or until vegetables are tender, turning as necessary to ensure even cooking.

Nutrition Facts



Properties

Glycemic Index:79.56, Glycemic Load:22.85, Inflammation Score:-9, Nutrition Score:32.429130554199%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 385.48kcal (19.27%), Fat: 13.15g (20.23%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 33.88g (12.32%), Sugar: 8.2g (9.11%), Cholesterol: 56.19mg (18.73%), Sodium: 488.76mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.85%), Vitamin C: 124.62mg (151.06%), Selenium: 59.08µg (84.4%), Vitamin B6: 1.43mg (71.69%), Vitamin B3: 10.54mg (52.68%), Phosphorus: 438.51mg (43.85%), Vitamin A: 2172.13IU (43.44%), Potassium: 1481.08mg (42.32%), Vitamin D: 5.33µg (35.53%), Manganese: 0.66mg (33.15%), Folate: 111.36µg (27.84%), Vitamin B1: 0.37mg (24.49%), Fiber: 5.64g (22.54%), Magnesium: 89.68mg (22.42%), Vitamin E: 3.35mg (22.33%), Vitamin B12: 1.33µg (22.25%), Vitamin B2: 0.34mg (20.15%), Vitamin K: 17.61µg (16.77%), Iron: 2.65mg (14.73%), Copper: 0.27mg (13.52%), Vitamin B5: 1.3mg (13.02%), Zinc: 1.58mg (10.55%), Calcium: 81.99mg (8.2%)