



Mediterranean-Style Haddock

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces haddock raw
- 1 teaspoon olive oil
- 0.5 cup bell pepper red sliced
- 0.5 cup onion sliced
- 2 cloves garlic minced
- 2 TBSP wine
- 0.5 cup tomatoes
- 0.5 teaspoon pepper

- 0.3 teaspoon salt
- 1 teaspoon oregano

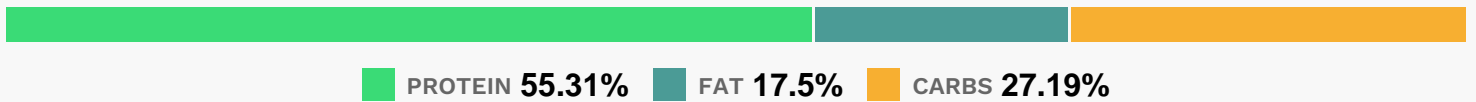
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Heat oil in a small skillet over medium heat.
- Add red pepper and onion and saut for 7 minutes, or until slightly softened.
- Add garlic and stir for 30 seconds.
- Add white wine to deglaze the pan, followed by ground tomatoes, oregano, salt, and pepper. Stir and let simmer for 2 minutes.
- Place the fish in a single layer in a small oven-safe baking dish and cover with the tomato sauce.
- Sprinkle with the feta cheese.
- Bake for 20 minutes.
- Serve.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:17.061739130435%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.31mg,

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 154.66kcal (7.73%), Fat: 2.81g (4.32%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 7.3g (2.65%), Sugar: 4.46g (4.95%), Cholesterol: 61.24mg (20.41%), Sodium: 538.83mg (23.43%), Alcohol: 1.55g (8.58%), Protein: 19.99g (39.97%), Vitamin C: 56.7mg (68.73%), Selenium: 30.12µg (43.03%), Vitamin B12: 2.08µg (34.59%), Vitamin A: 1562.04IU (31.24%), Phosphorus: 297.2mg (29.72%), Vitamin B6: 0.56mg (28.07%), Vitamin B3: 4.54mg (22.68%), Potassium: 591.6mg (16.9%), Manganese: 0.33mg (16.52%), Vitamin K: 13.39µg (12.75%), Vitamin E: 1.79mg (11.91%), Folate: 46.63µg (11.66%), Magnesium: 42.19mg (10.55%), Fiber: 2.52g (10.09%), Vitamin B2: 0.13mg (7.41%), Vitamin B5: 0.7mg (6.98%), Iron: 1.06mg (5.88%), Vitamin B1: 0.08mg (5.6%), Calcium: 53.17mg (5.32%), Copper: 0.09mg (4.52%), Zinc: 0.67mg (4.49%), Vitamin D: 0.57µg (3.78%)