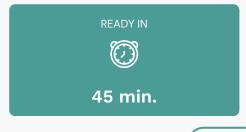
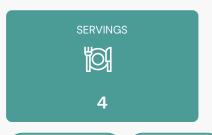
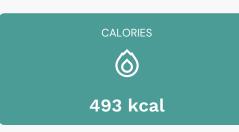


## **Monkfish Couscous**

a Dairy Free







LUNCH

0.3 teaspoon fresh-ground pepper black

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

3.5 cups canned tomatoes canned drained chopped (one 28-ounce can)
O.1 teaspoon cayenne
2 tablespoons cooking oil
1.3 cups couscous
3 tablespoons parsley fresh chopped
3 cloves garlic chopped
0.5 teaspoon ground cumin

	1.5 pounds monkfish fillet cut into 1-inch pieces	
	1 onion chopped	
	0.5 teaspoon saffron threads packed	
	1.5 teaspoons salt	
	3 cups water	
Εq	uipment	
	sauce pan	
	ladle	
	pot	
Directions		
	In a large pot, heat the oil over moderately low heat.	
	Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes.	
	Add enough water to the reserved tomato juice to equal 2 cups.	
	Add this to the onion mixture along with the tomatoes, 1 teaspoon of the salt, the cumin, black pepper, and cayenne. Crumble in the saffron. Bring to a boil, reduce the heat, and simmer, covered, for 10 minutes.	
	Add the monkfish. Cook until the fish is just done, 3 to 4 minutes. Stir in 2 tablespoons of the parsley.	
	Meanwhile, in a medium saucepan, bring 2 cups of water and the remaining 1/2 teaspoon salt to a boil. Stir in the couscous. Cover, remove from the heat, and let sit for 5 minutes.	
	To serve, mound the couscous onto plates and top with the fish and vegetables. Ladle the liquid over the top and sprinkle with the remaining 1 tablespoon parsley.	
	Wine Recommendation: No meek-spirited white wine for this fish! Choose a full-bodied white with earthy, as opposed to fruity, flavor. Candidates include white Rhne wines from France, southern Italian whites, such as Greco di Tufo, and even Greek whites.	

# **Nutrition Facts**

### **Properties**

Glycemic Index:82.75, Glycemic Load:32.32, Inflammation Score:-8, Nutrition Score:30.043477970621%

#### **Flavonoids**

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

### Nutrients (% of daily need)

Calories: 492.66kcal (24.63%), Fat: 10.68g (16.43%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 63.83g (21.28%), Net Carbohydrates: 56.23g (20.45%), Sugar: 10.54g (11.72%), Cholesterol: 42.52mg (14.17%), Sodium: 1200.47mg (52.19%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 36.06g (72.12%), Selenium: 63.84µg (91.21%), Vitamin K: 65.83µg (62.7%), Phosphorus: 520.8mg (52.08%), Manganese: 0.99mg (49.37%), Vitamin B6: 0.86mg (42.8%), Potassium: 1470.12mg (42%), Vitamin B3: 8.28mg (41.39%), Vitamin C: 27.99mg (33.92%), Copper: 0.63mg (31.63%), Fiber: 7.6g (30.38%), Magnesium: 111.31mg (27.83%), Vitamin E: 3.93mg (26.2%), Vitamin B12: 1.53µg (25.51%), Iron: 4.39mg (24.41%), Vitamin B1: 0.32mg (21.13%), Vitamin B5: 1.62mg (16.22%), Vitamin A: 806.71IU (16.13%), Vitamin B2: 0.27mg (15.98%), Folate: 60.94µg (15.24%), Zinc: 1.89mg (12.59%), Calcium: 122.83mg (12.28%)