



Monkfish in Saffron Broth over Baby Spinach and Red Potatoes

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes quartered (16 medium)
- 1 cup cooking wine dry white
- 4 cups less-sodium chicken broth fat-free
- 1 garlic clove minced
- 0.3 cup green onions thinly sliced (4)

- 1.5 pounds monkfish fillet boneless skinless cut into 2-inch pieces
- 12 small potatoes red quartered
- 0.3 teaspoon saffron threads
- 0.3 teaspoon salt

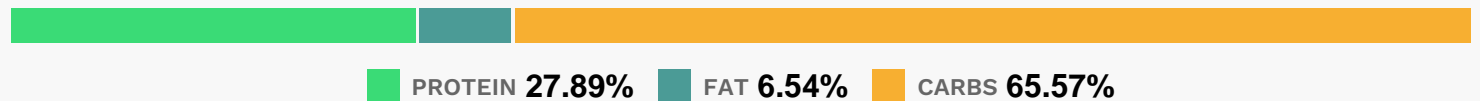
Equipment

- bowl
- frying pan

Directions

- Place 1/2 cup spinach into each of 6 bowls; set aside.
- Steam potatoes, covered, 10 minutes or until tender.
- Place 8 potato quarters into each bowl.
- Combine tomatoes, broth, wine, onions, and garlic in a large nonstick skillet over medium-high heat. Bring to a boil, and cook until reduced to 3 cups (about 25 minutes).
- Add salt, pepper, and saffron to pan; cook 2 minutes. Reduce heat to medium; arrange fish pieces in a single layer in pan. Cover and cook 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Divide fish evenly among bowls; spoon 1/2 cup broth mixture over each serving.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:0.32, Inflammation Score:-9, Nutrition Score:28.169999817143%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.23mg, Quercetin: 3.23mg,

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Nutrients (% of daily need)

Calories: 371.98kcal (18.6%), Fat: 2.53g (3.9%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 50.88g (18.5%), Sugar: 5.76g (6.4%), Cholesterol: 28.35mg (9.45%), Sodium: 810.43mg (35.24%), Alcohol: 4.12g (100%), Alcohol %: 0.76% (100%), Protein: 24.31g (48.63%), Selenium: 46.78µg (66.83%), Potassium: 2195.96mg (62.74%), Vitamin K: 65.13µg (62.03%), Vitamin C: 39.63mg (48.04%), Phosphorus: 472.08mg (47.21%), Vitamin B6: 0.94mg (46.92%), Vitamin B3: 7.4mg (37.01%), Manganese: 0.71mg (35.4%), Magnesium: 114.94mg (28.74%), Copper: 0.55mg (27.74%), Fiber: 6.3g (25.21%), Folate: 95.31µg (23.83%), Vitamin B1: 0.34mg (22.4%), Vitamin A: 1118.77IU (22.38%), Vitamin B12: 1.32µg (22.05%), Iron: 3.67mg (20.38%), Vitamin B2: 0.24mg (14.03%), Vitamin B5: 1.36mg (13.64%), Zinc: 1.77mg (11.82%), Calcium: 69.15mg (6.92%), Vitamin E: 0.39mg (2.59%)