



Monkfish Provençal Kebabs



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup tomatoes dried minced in oil
- ☐ 1 small eggplant cubed
- ☐ 3 tablespoons basil fresh chopped
- ☐ 8 ounce mushrooms fresh
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon teaspoon marjoram dried fresh chopped
- ☐ 1.5 pounds monkfish cut into pieces

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons citrus champagne vinegar

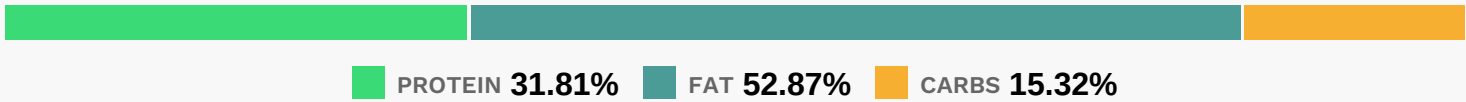
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers

Directions

- ☐ Stir together first 8 ingredients in a large bowl. Gradually whisk in olive oil in a slow, steady stream until blended.
- ☐ Alternately thread monkfish, eggplant, and mushrooms onto 8 (8-inch) skewers; brush with sauce. Cover and chill 30 minutes.
- ☐ Grill, covered with lid, over medium-high heat (350 to 40
- ☐ to 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:2.56, Inflammation Score:-9, Nutrition Score:23.125217572502%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 354.99kcal (17.75%), Fat: 21.28g (32.74%), Saturated Fat: 3.18g (19.84%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 8.45g (3.07%), Sugar: 7.79g (8.66%), Cholesterol: 42.52mg (14.17%), Sodium: 626.34mg (27.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.61%), Selenium: 68.33µg (97.62%), Phosphorus: 448.43mg (44.84%), Potassium: 1393.96mg (39.83%), Vitamin B3: 7.06mg (35.32%), Vitamin B6: 0.62mg (30.99%), Manganese: 0.6mg (29.82%), Vitamin K: 27.57µg (26.26%), Vitamin B12: 1.55µg (25.89%), Vitamin B2: 0.42mg (24.65%), Copper: 0.45mg (22.42%), Fiber: 5.41g (21.65%), Vitamin E: 2.97mg (19.77%), Magnesium: 76.8mg (19.2%), Vitamin B5: 1.59mg (15.92%), Iron: 2.67mg (14.84%), Vitamin C: 11.94mg (14.47%), Folate: 54.68µg (13.67%), Vitamin B1: 0.18mg (11.7%), Zinc: 1.4mg (9.32%), Vitamin A: 358.57IU (7.17%), Calcium: 57.68mg (5.77%)