



Monkfish with Ratatouille



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bell pepper cut into 1-inch pieces (1 1/2 cups)
- ☐ 2 tablespoon capers drained
- ☐ 1 pound eggplant cut into 1-inch cubes (3 cups)
- ☐ 3 tablespoon basil fresh finely chopped for garnish (plus leaves)
- ☐ 2 tablespoon thyme leaves dried fresh finely chopped (or 1 teaspoon)
- ☐ 1 tablespoon garlic finely chopped
- ☐ 14 ounces tomatoes prepared
- ☐ 24 ounces monkfish fillet

- ☐ 4 teaspoon olive oil divided
- ☐ 1 onion cut into 1-inch pieces
- ☐ 1 medium zucchini cut into 1-inch pieces (2 cups)

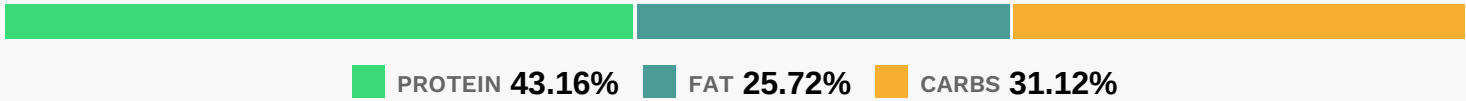
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Toss eggplant, zucchini, bell pepper and onion with 2 teaspoon oil in a bowl.
- ☐ Add thyme; season with salt and pepper and toss again. Coat a shallow baking pan with cooking spray. Arrange vegetables on pan and roast until tender, about 20 minutes. Stir in garlic and marinara. Cover loosely with foil and roast 10 minutes more.
- ☐ Remove pan from oven. Stir in chopped basil. Rub fillets with remaining 2 teaspoon oil; season with salt and pepper. Nestle fish in vegetables; cover loosely with foil.
- ☐ Bake until fish is just cooked through, about 10 minutes. Top with basil leaves and capers.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:30.763478320578%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.45mg,

Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg

Nutrients (% of daily need)

Calories: 256.55kcal (12.83%), Fat: 7.6g (11.69%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 13.03g (4.74%), Sugar: 11.72g (13.03%), Cholesterol: 42.52mg (14.17%), Sodium: 622.2mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Vitamin C: 76.49mg (92.72%), Selenium: 63.73µg (91.04%), Vitamin K: 54.91µg (52.3%), Phosphorus: 439.78mg (43.98%), Vitamin B6: 0.87mg (43.6%), Potassium: 1519.68mg (43.42%), Vitamin A: 2066.84IU (41.34%), Manganese: 0.79mg (39.47%), Fiber: 7.64g (30.57%), Vitamin B3: 6.1mg (30.49%), Iron: 4.82mg (26.75%), Vitamin B12: 1.53µg (25.51%), Magnesium: 90.15mg (22.54%), Folate: 89.11µg (22.28%), Vitamin E: 3.26mg (21.7%), Vitamin B2: 0.31mg (18.45%), Copper: 0.34mg (17.06%), Vitamin B1: 0.18mg (12.19%), Vitamin B5: 1.16mg (11.6%), Zinc: 1.57mg (10.5%), Calcium: 100.45mg (10.05%)