



Pan-Roasted Fish with Mediterranean Tomato Sauce

 Gluten Free

READY IN



32 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 1 tablespoon canola oil
- ☐ 1.5 tablespoons capers
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 tablespoons chives fresh minced

- ☐ 1.5 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh minced
- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1.5 tablespoons olive oil
- ☐ 2 cups plum tomatoes seeded chopped
- ☐ 24 ounce yellowtail snapper fillets

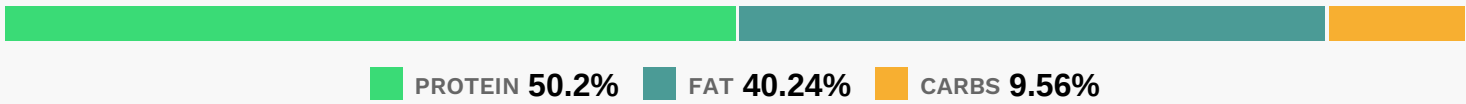
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil and butter in a medium skillet over medium-high heat.
- ☐ Add tomato to pan; cook 6 minutes, stirring frequently. Stir in capers, Dijon mustard, and minced garlic; bring to a boil. Reduce heat, and simmer 2 minutes or until slightly thickened, stirring occasionally.
- ☐ Remove from heat. Stir in parsley, chives, tarragon, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and red pepper; keep warm.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fish with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon black pepper.
- ☐ Add fish to pan, skin side down; cook 3 minutes or until skin is browned. Turn fish over; cook 3 minutes or until desired degree of doneness.
- ☐ Serve fish with the sauce.

Nutrition Facts



Properties

Glycemic Index:82.25, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:27.950869560242%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 295.85kcal (14.79%), Fat: 13.13g (20.2%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.95g (1.8%), Sugar: 3.25g (3.61%), Cholesterol: 66.97mg (22.32%), Sodium: 691.75mg (30.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.85g (73.71%), Vitamin D: 17.35µg (115.67%), Selenium: 66.76µg (95.37%), Vitamin B12: 5.11µg (85.1%), Vitamin B6: 0.86mg (42.75%), Vitamin K: 43.88µg (41.79%), Phosphorus: 381.39mg (38.14%), Potassium: 1078.01mg (30.8%), Vitamin A: 1507.5IU (30.15%), Vitamin C: 23.3mg (28.24%), Vitamin E: 3.79mg (25.27%), Manganese: 0.41mg (20.48%), Magnesium: 78.97mg (19.74%), Vitamin B5: 1.42mg (14.25%), Calcium: 99.78mg (9.98%), Vitamin B1: 0.14mg (9.43%), Folate: 35.68µg (8.92%), Iron: 1.54mg (8.56%), Fiber: 2.07g (8.28%), Copper: 0.16mg (8.03%), Vitamin B3: 1.45mg (7.23%), Zinc: 0.98mg (6.51%), Vitamin B2: 0.07mg (3.85%)