



 **59%**
HEALTH SCORE

Provençal Char over Mixed Greens with Warm Olive Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce arctic char fillets , skin on
- 1.5 teaspoons dijon mustard
- 4 teaspoons herbs de provence
- 1 teaspoon honey
- 0.3 cup kalamata olives pitted sliced
- 0.3 teaspoon kosher salt
- 0.8 teaspoon kosher salt

- 1 tablespoon juice of lemon fresh
- 1.5 teaspoons juice of lemon fresh
- 12 ounce baby greens mixed
- 2 teaspoons olive oil
- 3 tablespoons olive oil
- 1 tablespoon orange juice fresh
- 0.8 teaspoon orange zest
- 2 oranges peeled
- 0.5 teaspoon pepper freshly ground
- 0.3 cup pinenuts toasted
- 0.3 cup shallots minced

Equipment

- bowl
- frying pan
- baking sheet
- mortar and pestle

Directions

- Combine first 5 ingredients in a small bowl. Rub mixture over tops of fillets.
- Place fillets, skin side down, on a baking sheet coated with cooking spray. Roast at 425 for 15 minutes or until fish flakes with a fork.
- Combine olives and next 6 ingredients in a medium bowl.
- Heat 3 tablespoons oil in a small skillet over medium heat; add shallots, and saut 1 minute or until soft. Stir shallots into olive mixture.
- Place greens and orange sections into a large bowl; add warm olive vinaigrette, and toss to combine. Divide greens mixture among 4 serving plates.
- Place 1 fillet over greens on each plate, and break into bite-size pieces.
- Sprinkle with pine nuts.

Note: Prior to combining with the other spice rub ingredients, crush the herbes de Provence with a mortar and pestle to release the aromatic oils.

Nutrition Facts

PROTEIN 33.91% **FAT 48.32%** **CARBS 17.77%**

Properties

Glycemic Index:60.19, Glycemic Load:4.23, Inflammation Score:-9, Nutrition Score:26.501739087312%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.17mg, Hesperetin: 19.17mg, Hesperetin: 19.17mg, Hesperetin: 19.17mg Naringenin: 10.2mg, Naringenin: 10.2mg, Naringenin: 10.2mg, Naringenin: 10.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 391.48kcal (19.57%), Fat: 21.45g (33.01%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 14.44g (5.25%), Sugar: 9.63g (10.7%), Cholesterol: 73.14mg (24.38%), Sodium: 894.43mg (38.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.74%), Selenium: 58.03µg (82.9%), Vitamin C: 62.86mg (76.19%), Manganese: 1.08mg (53.76%), Phosphorus: 451.23mg (45.12%), Potassium: 1102.34mg (31.5%), Vitamin B6: 0.6mg (29.97%), Vitamin E: 4.32mg (28.82%), Vitamin K: 30.11µg (28.67%), Vitamin B12: 1.55µg (25.8%), Vitamin A: 1279.93IU (25.6%), Magnesium: 100.32mg (25.08%), Vitamin B3: 4.68mg (23.39%), Folate: 76.72µg (19.18%), Iron: 3.34mg (18.53%), Vitamin B1: 0.27mg (17.89%), Copper: 0.28mg (13.75%), Fiber: 3.31g (13.24%), Vitamin B2: 0.21mg (12.41%), Zinc: 1.69mg (11.24%), Vitamin D: 1.53µg (10.21%), Calcium: 100.33mg (10.03%), Vitamin B5: 0.63mg (6.26%)