



 **70%**  
HEALTH SCORE

## Roasted Arctic Char with Peperonata and Balsamic Syrup

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

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup balsamic vinegar
- 24 ounce arctic char fillets , skin on
- 0.5 teaspoon fennel seed
- 2 teaspoons rosemary fresh coarsely chopped
- 2 garlic cloves coarsely chopped
- 1 teaspoon coarsely ground pepper black divided
- 1.5 teaspoons kosher salt divided

- 0.5 cup olive oil extra-virgin
- 0.5 cup parsley fresh italian coarsely chopped
- 2 teaspoons sugar
- 1.8 pounds bell peppers green red yellow thinly sliced (combine , , , and/or orange, if available)
- 1 onion yellow halved thinly sliced

## Equipment

- food processor
- frying pan
- baking sheet
- sauce pan
- oven
- sieve
- dutch oven

## Directions

- Combine first 3 ingredients and 1/2 teaspoon kosher salt in food processor; pulse until parsley is finely chopped. With processor running, gradually add oil through food chute in a slow, steady stream.
- Pour herb oil through fine-mesh strainer, discarding solids.
- Heat 3 tablespoons herb oil and fennel seed in a large, deep skillet or Dutch oven over medium heat.
- Add bell pepper, onion, 3/4 teaspoon kosher salt, and 1/2 teaspoon black pepper. Cook, stirring often, 25 to 30 minutes (reducing heat if needed) or until vegetables are very tender.
- Bring balsamic vinegar and sugar to a boil in a small saucepan. Boil gently 2 to 3 minutes or until syrupy and reduced to 3 tablespoons. (Watch carefully during last minute as syrup forms quickly.)
- Place fillets on an oiled baking sheet.
- Sprinkle with remaining 1/4 teaspoon kosher salt and 1/2 teaspoon black pepper.

- Drizzle 2 tablespoons herb oil evenly on fillets. Roast in center of oven 8 to 10 minutes or until fish flakes with a fork. Spoon peperonata (vegetables) onto 4 plates. Top with fillets.
- Drizzle remaining herb oil and 1/2 to 1 teaspoon balsamic syrup over vegetables and fish on each plate.

## Nutrition Facts



### Properties

Glycemic Index:62.77, Glycemic Load:5.54, Inflammation Score:-9, Nutrition Score:28.509565187537%

### Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 9.47mg, Luteolin: 9.47mg, Luteolin: 9.47mg, Luteolin: 9.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

### Nutrients (% of daily need)

Calories: 280.77kcal (14.04%), Fat: 7.03g (10.82%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 16.28g (5.92%), Sugar: 12.77g (14.19%), Cholesterol: 73.14mg (24.38%), Sodium: 983.21mg (42.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Vitamin C: 173.79mg (210.66%), Vitamin K: 142.06µg (135.3%), Selenium: 56.7µg (81%), Vitamin B6: 0.92mg (46.12%), Phosphorus: 407.7mg (40.77%), Potassium: 1184.69mg (33.85%), Vitamin A: 1439.31IU (28.79%), Vitamin B12: 1.55µg (25.8%), Manganese: 0.46mg (23.24%), Vitamin B3: 4.62mg (23.12%), Magnesium: 86.86mg (21.72%), Vitamin E: 2.67mg (17.79%), Vitamin B1: 0.27mg (17.74%), Fiber: 4.35g (17.41%), Iron: 2.24mg (12.42%), Folate: 48.56µg (12.14%), Copper: 0.22mg (11.18%), Vitamin B2: 0.18mg (10.87%), Vitamin D: 1.53µg (10.21%), Calcium: 81.03mg (8.1%), Zinc: 1.21mg (8.08%), Vitamin B5: 0.54mg (5.37%)