



 **83%**  
HEALTH SCORE

# Rockfish with Tomatoes, Capers, Lemon, Artichokes, and Fennel

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

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**339 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 large globe artichokes
- 1 tablespoon chiffonaded basil leaves
- 2 tablespoons capers
- 1 cup chicken stock see
- 1 cup cooking wine dry white
- 2 bulbs fennel finely sliced lengthwise
- 6 cloves garlic peeled sliced

- 36 ounce pacific halibut filets
- 0.5 juice of lemon juiced
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 large plum tomatoes diced peeled seeded
- 6 servings salt and pepper

## Equipment

- frying pan

## Directions

- Trim the artichoke leaves and stems and blanch in salted, boiling water with a little of the lemon juice. Use only enough water to cover. When tender remove from the water, cool, and clean. Save the leaves for another use. Discard the hairy choke and save the hearts and stem for the dish. Slice into 1/8-inch slices.
- In a saute pan over high heat, add 1 tablespoon olive oil and saute the fennel in it until tender.
- Add salt and pepper, to taste, remove and keep warm.
- Wipe out the saute pan and add in the peanut oil and bring to medium high heat. Salt and pepper the fillets and brown on 1 side about 5 minutes. Turn and saute 2 more minutes and remove from the pan.
- Add the sliced garlic and 1/2 of the remaining olive oil and cook 2 minutes.
- Add the sliced artichokes and saute until starting to brown.
- Add the tomatoes, white wine, stock, lemon zest and juice, and remaining olive oil and reduce the liquid by 1/2
- Return the fish to the mixture, add the capers and basil, and check salt and pepper. Cook 2 more minutes until fish is just flaky and check salt and pepper. Divide the fennel among 6 warm dinner plates and top with the fillets. Sauce with the vegetable mixture and serve.

## Nutrition Facts



## Properties

Glycemic Index:46.67, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:31.886521712593%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 10.59mg, Naringenin: 10.59mg, Naringenin: 10.59mg, Naringenin: 10.59mg Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg, Apigenin: 6.06mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

## Nutrients (% of daily need)

Calories: 339.27kcal (16.96%), Fat: 10.15g (15.61%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 12.12g (4.41%), Sugar: 6.08g (6.75%), Cholesterol: 84.55mg (28.18%), Sodium: 561.86mg (24.43%), Alcohol: 4.12g (100%), Alcohol %: 1.12% (100%), Protein: 36.93g (73.85%), Selenium: 79.65µg (113.79%), Vitamin B3: 13.38mg (66.92%), Vitamin K: 68µg (64.77%), Vitamin B6: 1.18mg (58.98%), Phosphorus: 546.49mg (54.65%), Vitamin D: 7.99µg (53.3%), Potassium: 1547.62mg (44.22%), Vitamin C: 26.66mg (32.31%), Vitamin B12: 1.87µg (31.18%), Fiber: 7.45g (29.8%), Magnesium: 113.13mg (28.28%), Folate: 106.58µg (26.65%), Manganese: 0.53mg (26.29%), Vitamin E: 2.98mg (19.87%), Copper: 0.35mg (17.3%), Iron: 2.31mg (12.81%), Vitamin B1: 0.19mg (12.64%), Vitamin A: 596.21IU (11.92%), Vitamin B5: 1.12mg (11.16%), Vitamin B2: 0.18mg (10.88%), Calcium: 102.08mg (10.21%), Zinc: 1.39mg (9.25%)