



Sea Bream with Artichokes and Caper Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 artichokes whole
- ☐ 5 tablespoons balsamic vinegar
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons capers drained
- ☐ 0.8 cup wine dry white
- ☐ 2 large garlic clove crushed
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 3.3 cups chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 1 rosemary leaves fresh
- ☐ 2 pounds baking potatoes peeled cut into 1-inch cubes
- ☐ 3 thyme sprigs fresh
- ☐ 20 ounce fish fillet

Equipment

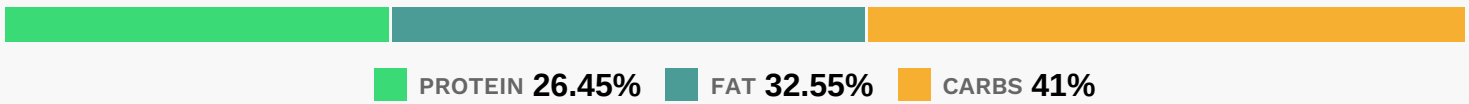
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Combine first 7 ingredients in heavy large saucepan. Working with 1 artichoke at a time, cut off stems and remove all leaves. Scrape out chokes, trim edges of hearts, and add to saucepan; sprinkle with salt and pepper. Bring to boil over medium-high heat. Cover pan and simmer until hearts are tender, about 35 minutes. Using slotted spoon, transfer hearts to plate.
- ☐ Cut hearts into 1/3-inch-thick slices. (Can be made 1 day ahead. Cover and chill.)
- ☐ Whisk oil, vinegar, and lemon peel in small bowl to blend; whisk in capers. Season dressing with salt and pepper.
- ☐ Cook potatoes in large saucepan of boiling salted water until just tender, about 15 minutes.
- ☐ Drain potatoes; return to same pan.
- ☐ Add butter and oil; mash until smooth. Season potatoes with salt and pepper. (Can be made 2 hours ahead.

- ☐ Let stand at room temperature. Rewarm before serving.)
- ☐ Sprinkle fish with salt and pepper. Melt butter with oil in heavy large skillet over medium-high heat.
- ☐ Add artichoke slices to skillet. Sauté until heated through, about 5 minutes.
- ☐ Remove from heat. Using slotted spoon, arrange artichokes in center of each of 4 plates; reserve skillet. Spoon 3/4 of warm potatoes atop artichokes on each plate; tent with foil to keep warm.
- ☐ Return reserved skillet with butter mixture to medium-high heat.
- ☐ Add fish and sauté until just opaque in center, about 4 minutes per side. Arrange fish atop potatoes on each plate. Spoon dressing over fish and serve.

Nutrition Facts



Properties

Glycemic Index:83.44, Glycemic Load:36.95, Inflammation Score:-9, Nutrition Score:36.116521752399%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 16.34mg, Naringenin: 16.34mg, Naringenin: 16.34mg, Naringenin: 16.34mg Apigenin: 9.61mg, Apigenin: 9.61mg, Apigenin: 9.61mg, Apigenin: 9.61mg Luteolin: 3.31mg, Luteolin: 3.31mg, Luteolin: 3.31mg, Luteolin: 3.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg, Quercetin: 12.56mg

Nutrients (% of daily need)

Calories: 646.6kcal (32.33%), Fat: 23.09g (35.53%), Saturated Fat: 8.17g (51.05%), Carbohydrates: 65.47g (21.82%), Net Carbohydrates: 54.77g (19.92%), Sugar: 7.76g (8.63%), Cholesterol: 93.45mg (31.15%), Sodium: 451.3mg (19.62%), Alcohol: 4.64g (100%), Alcohol %: 0.72% (100%), Protein: 42.23g (84.46%), Selenium: 60.97µg (87.1%), Vitamin B6: 1.26mg (63.17%), Potassium: 2136.05mg (61.03%), Vitamin B3: 12.06mg (60.3%), Phosphorus: 566.62mg (56.66%), Magnesium: 182.71mg (45.68%), Manganese: 0.89mg (44.75%), Vitamin C: 35.38mg (42.89%), Fiber: 10.7g (42.81%), Vitamin B12: 2.45µg (40.9%), Folate: 161.94µg (40.49%), Copper: 0.78mg (38.98%), Vitamin K: 33.37µg (31.78%), Iron: 5.43mg (30.16%), Vitamin D: 4.39µg (29.29%), Vitamin B1: 0.36mg (23.86%), Vitamin B2: 0.34mg (19.88%), Vitamin B5: 1.9mg (18.98%), Vitamin E: 2.64mg (17.62%), Zinc: 2.13mg (14.18%), Calcium: 135.51mg

(13.55%), Vitamin A: 331.15IU (6.62%)