



Seared Arctic Char with Broccolini, Olives, and Garlic



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce broccolini
- ☐ 14 ounce arctic char fillets with skin (each 1/2 to 3/)
- ☐ 2 large garlic cloves chopped
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 2 tablespoons olive oil extra-virgin divided for drizzling
- ☐ 3 teaspoons orange zest with zester), divided organic finely
- ☐ 2 tablespoons balsamic vinegar white divided ()

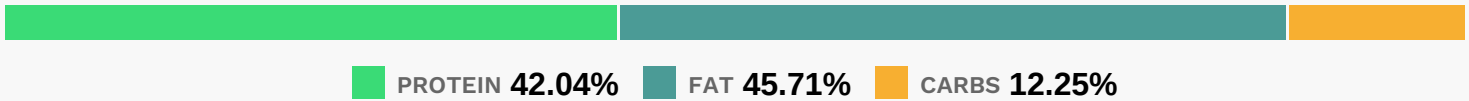
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add broccolini and stir 1 minute.
- ☐ Pour 1/2 cup water over, cover, and cook just until broccolini is crisp-tender and water evaporates, stirring occasionally, about 5 minutes.
- ☐ Add garlic and stir 30 seconds. Stir in olives and 2 teaspoons orange peel.
- ☐ Transfer mixture to bowl; set aside (do not clean skillet).
- ☐ Heat 1 tablespoon oil in same skillet over medium-high heat.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Add fish to skillet, skin side down, and cook until skin is crisp, about 3 minutes. Turn fish over and cook just until fish is opaque in center, about 2 1/2 minutes longer.
- ☐ Transfer to plates. Return broccolini mixture to same skillet to rewarm; stir in 1 tablespoon balsamic vinegar. Season to taste with salt and pepper. Spoon mixture over fish.
- ☐ Drizzle fish lightly with oil and 1 tablespoon vinegar (or more if desired).
- ☐ Sprinkle with remaining 1 teaspoon slivered orange peel and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.64, Inflammation Score:-9, Nutrition Score:22.217826179836%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 375.59kcal (18.78%), Fat: 18.79g (28.91%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 9.21g (3.35%), Sugar: 4.54g (5.05%), Cholesterol: 85.33mg (28.44%), Sodium: 487.73mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.78%), Vitamin C: 85.04mg (103.08%), Selenium: 66.34µg (94.78%), Phosphorus: 412.01mg (41.2%), Vitamin A: 1681.53IU (33.63%), Vitamin B12: 1.81µg (30.1%), Vitamin E: 4.15mg (27.69%), Vitamin B6: 0.54mg (26.78%), Potassium: 865.48mg (24.73%), Vitamin B3: 4.2mg (20.98%), Magnesium: 69.31mg (17.33%), Vitamin D: 1.79µg (11.91%), Calcium: 118.21mg (11.82%), Vitamin B1: 0.17mg (11.01%), Iron: 1.86mg (10.31%), Vitamin K: 8.99µg (8.56%), Fiber: 2.13g (8.51%), Vitamin B2: 0.14mg (8.03%), Zinc: 0.96mg (6.38%), Manganese: 0.1mg (5.04%), Copper: 0.1mg (4.92%), Folate: 15.56µg (3.89%), Vitamin B5: 0.34mg (3.41%)