



## Seared Arctic Char with Kumquat Compote

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**844 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup champagne vinegar
- 0.5 cinnamon sticks
- 1 piece ginger grated peeled
- 4 servings kosher salt
- 8 ounces kumquats seeds removed cut into thirds and
- 4 servings olive oil extra-virgin
- 0.5 cup orange marmalade
- 0.5 jalapeño red minced

- 0.5 cup sugar
- 1 bundle thyme sprigs fresh
- 20 ounce skin-on arctic char fillets

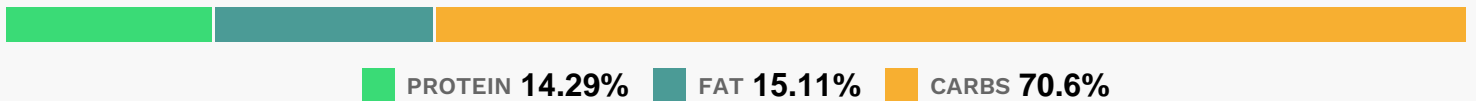
## Equipment

- frying pan
- paper towels
- sauce pan

## Directions

- In a small saucepan, combine the kumquats, marmalade, sugar, vinegar, ginger, thyme bundle, cinnamon stick, jalapenos, 3/4 cup water and a pinch of salt. Bring to a simmer and cook, stirring frequently, until all of the liquid has evaporated and the mixture has slightly thickened, 15 to 20 minutes.
- Coat a large saute pan with olive oil and bring the pan to a high heat. Pat the fish dry with paper towels and sprinkle generously with salt.
- Coat the BOTTOM of a medium saute pan generously with olive oil.
- Lay the fish skin-side down in the large saute pan and lay the oiled smaller saute pan directly on top of the fish to press the skin onto the bottom pan to make it really crispy. Cook the fish for 3 to 4 minutes on the skin side, then remove the top saute pan, flip the fish and cook for another 2 minutes.
- Remove the fish from the pan, plate as desired and top with the kumquat compote.

## Nutrition Facts



## Properties

Glycemic Index:45.02, Glycemic Load:17.57, Inflammation Score:-6, Nutrition Score:11.328695714474%

## Flavonoids

Naringenin: 32.54mg, Naringenin: 32.54mg, Naringenin: 32.54mg, Naringenin: 32.54mg Apigenin: 12.42mg, Apigenin: 12.42mg, Apigenin: 12.42mg, Apigenin: 12.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

## Nutrients (% of daily need)

Calories: 844.04kcal (42.2%), Fat: 14.6g (22.46%), Saturated Fat: 2g (12.48%), Carbohydrates: 153.49g (51.16%), Net Carbohydrates: 140.69g (51.16%), Sugar: 67.15g (74.61%), Cholesterol: 0mg (0%), Sodium: 224.04mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.11%), Vitamin C: 54.57mg (66.14%), Fiber: 12.8g (51.2%), Iron: 8.22mg (45.64%), Calcium: 312.83mg (31.28%), Vitamin E: 2.15mg (14.35%), Manganese: 0.18mg (9.05%), Vitamin K: 8.81µg (8.39%), Copper: 0.1mg (5.12%), Vitamin A: 219.06IU (4.38%), Potassium: 143.07mg (4.09%), Vitamin B2: 0.07mg (4.07%), Magnesium: 14.56mg (3.64%), Folate: 13.97µg (3.49%), Vitamin B6: 0.04mg (2.06%), Vitamin B1: 0.02mg (1.66%), Vitamin B3: 0.31mg (1.55%), Phosphorus: 15.46mg (1.55%), Vitamin B5: 0.13mg (1.34%)