



Seared Arctic Char with Warm Mango-Lime Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground to taste
- 1 tablespoon butter
- 2 tablespoons canola oil
- 0.8 cup chicken broth
- 24 ounce arctic char fillets , skin on
- 4 servings rice hot cooked
- 1 teaspoon cornstarch

- 0.3 cup rum dark
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated finely chopped
- 0.5 to 1 jalapeño chile seeded finely chopped
- 1 tablespoon juice of lime fresh
- 1 cup mangos cubed
- 0.3 cup pineapple-orange juice concentrate undiluted thawed
- 4 servings salt to taste
- 0.5 cup shallots finely chopped
- 1 teaspoon water

Equipment

- frying pan
- sauce pan
- oven

Directions

- Melt butter in medium saucepan over medium-low heat. Stir in shallot and jalapeo. Cook, stirring often, 4 minutes or until shallot is soft.
- Stir in broth, juice concentrate, and ginger. Increase heat, and boil gently 5 minutes or until reduced to 1 cup. Stir in mango and rum; simmer 2 minutes.
- Combine cornstarch and water, and stir into mango mixture. Bring to a boil, and boil 1 minute.
- Remove from heat, and stir in lime juice and salt; keep sauce warm.
- Sprinkle fish with salt and pepper.
- Heat a large, heavy ovenproof skillet over medium to medium-high heat.
- Add 2 tablespoons oil.
- Place fillets, seasoned side down, in skillet; cook 1 to 2 minutes or until golden brown. Flip fillets, and put pan in oven. Roast at 425 for 4 to 5 minutes or until fish flakes with a fork.
- Place fillets on plates, divide sauce evenly over fish, and sprinkle with cilantro.

Serve with rice, if desired.

Nutrition Facts

PROTEIN 33.83% **FAT 25.62%** **CARBS 40.55%**

Properties

Glycemic Index:91.69, Glycemic Load:28.06, Inflammation Score:-8, Nutrition Score:21.851304489633%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 443.99kcal (22.2%), Fat: 11.55g (17.77%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 38.89g (14.14%), Sugar: 13.66g (15.17%), Cholesterol: 81.55mg (27.18%), Sodium: 478.71mg (20.81%), Alcohol: 5.01g (100%), Alcohol %: 1.52% (100%), Protein: 34.33g (68.66%), Selenium: 63.16µg (90.23%), Vitamin C: 48.38mg (58.64%), Phosphorus: 419.09mg (41.91%), Vitamin B6: 0.7mg (35.05%), Potassium: 1041.53mg (29.76%), Manganese: 0.57mg (28.32%), Vitamin B12: 1.56µg (26.04%), Vitamin B3: 4.51mg (22.53%), Magnesium: 82.75mg (20.69%), Vitamin E: 3.04mg (20.23%), Vitamin B1: 0.24mg (15.76%), Vitamin A: 759.93IU (15.2%), Folate: 57.52µg (14.38%), Vitamin B2: 0.21mg (12.09%), Vitamin K: 11.06µg (10.53%), Vitamin D: 1.53µg (10.21%), Copper: 0.2mg (10.21%), Zinc: 1.39mg (9.3%), Fiber: 2.26g (9.03%), Vitamin B5: 0.86mg (8.63%), Iron: 1.37mg (7.62%), Calcium: 62.24mg (6.22%)