



Seared Fish with Tomato-Tarragon Salsa



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 teaspoons blackened seasoning
- ☐ 2 tablespoons capers
- ☐ 1 cup cherry tomatoes chopped
- ☐ 0.3 teaspoon tarragon dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons green onions finely chopped
- ☐ 4 servings lemon wedges

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce fish fillets white firm (such as cod, grouper, or mahimahi)

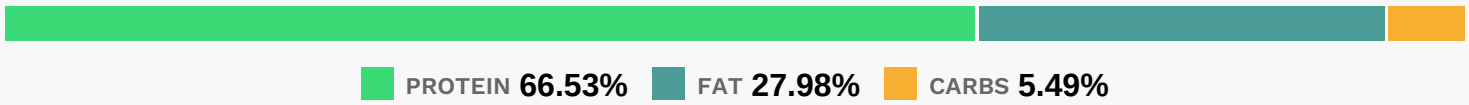
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a small bowl. Stir to blend and set aside.
- ☐ Sprinkle both sides of fillets with blackened seasoning.
- ☐ Place a large nonstick skillet over medium– high heat until hot. Coat pan with cooking spray; add fillets, and cook 3 to 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from heat; place 1 fillet on each of 4 dinner plates. Spoon salsa evenly over fillets.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:18.988261056983%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 207.72kcal (10.39%), Fat: 6.5g (10%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.65g (1.84%), Cholesterol: 85.05mg (28.35%), Sodium: 617.74mg (26.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.55%), Selenium: 71.36µg (101.95%), Vitamin B12: 2.69µg (44.79%), Vitamin K: 45.53µg (43.36%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.92mg (34.59%), Phosphorus: 303.58mg (30.36%), Potassium: 625.56mg (17.87%), Vitamin B6: 0.31mg (15.67%), Vitamin C: 12.48mg (15.13%), Magnesium: 53.2mg (13.3%), Folate: 52µg (13%), Vitamin E: 1.46mg (9.74%), Copper: 0.18mg (8.92%), Vitamin B5: 0.89mg (8.9%), Iron: 1.54mg (8.54%), Vitamin A: 391.53IU (7.83%), Vitamin B2: 0.13mg (7.48%), Manganese: 0.13mg (6.45%), Vitamin B1: 0.09mg (5.86%), Zinc: 0.67mg (4.46%), Calcium: 30.52mg (3.05%), Fiber: 0.57g (2.28%)