



Seasoned Fish and Tomatoes



Gluten Free



Dairy Free



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READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce amberjack fillets
- ☐ 0.8 cup cooking wine dry white
- ☐ 2 tablespoons olives ripe sliced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon cracked pepper
- ☐ 6 plum tomatoes cut into 1/4-inch-thick slices

Equipment

- ☐ oven

- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle fillets with oregano and cracked pepper.
- ☐ Place fillets and tomato in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Add wine.
- ☐ Bake, uncovered, at 350 for 15 minutes or until fish flakes easily when tested with a fork.
- ☐ To serve, place tomato slices evenly on individual serving plates, using a slotted spoon. Top each serving with a fillet and 1 teaspoon olives. If desired, garnish each serving with a fresh oregano sprig and whole peppercorns.
- ☐ Note: Fish is a vitamin-rich source of low-fat protein, making it a perfect choice for heart-healthy eating. When you buy fish, choose what's freshest and cook it that day or the next. The fish's flesh should appear firm and unblemished. And it should not have a "fishy" smell.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:10.927391249201%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 133.91kcal (6.7%), Fat: 1.31g (2.02%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.95g (2.16%), Cholesterol: 48.76mg (16.25%), Sodium: 107.55mg (4.68%),

Alcohol: 3.09g (100%), Alcohol %: 1.88% (100%), Protein: 20.84g (41.68%), Selenium: 37.61µg (53.73%), Phosphorus: 251.34mg (25.13%), Potassium: 644.11mg (18.4%), Vitamin B6: 0.35mg (17.36%), Vitamin B12: 1.03µg (17.2%), Vitamin B3: 2.76mg (13.82%), Magnesium: 47.59mg (11.9%), Vitamin C: 9.64mg (11.68%), Vitamin A: 578.88IU (11.58%), Vitamin E: 1.22mg (8.16%), Manganese: 0.16mg (8.03%), Vitamin B1: 0.11mg (7.46%), Vitamin K: 7.51µg (7.16%), Vitamin D: 1.02µg (6.8%), Vitamin B2: 0.09mg (5.43%), Iron: 0.83mg (4.62%), Folate: 18.44µg (4.61%), Zinc: 0.66mg (4.42%), Fiber: 1.02g (4.06%), Copper: 0.08mg (3.85%), Calcium: 34.49mg (3.45%), Vitamin B5: 0.25mg (2.48%)