



Slow-Roasted Arctic Char with Lemon-Mustard Seed Topping

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons multigrain bread crumbs
- ☐ 20 ounce arctic char fillets
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 2 teaspoons mustard seeds crushed
- ☐ 4 servings pepper freshly ground
- ☐ 0.1 teaspoon sugar substitute
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

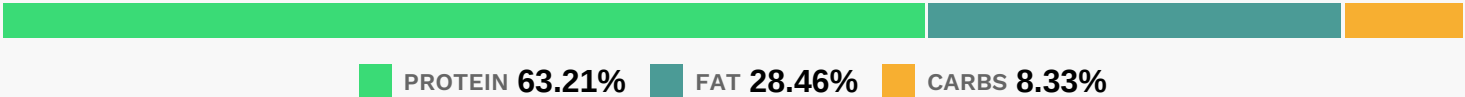
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 250°F.
- ☐ In a bowl combine the zest, olive oil, bread crumbs, parsley, tarragon, mustard seeds, vinegar, lemon juice, mustard, and sugar substitute. Line a baking pan with parchment paper and place the fish in the pan, skin side down.
- ☐ Sprinkle with pepper.
- ☐ Spread some of the lemon-herb mixture on each fillet.
- ☐ Bake the char for 30 to 35 minutes, depending on thickness, until the fish is almost completely opaque. Allow to rest for 5 minutes before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook by Cleveland Clinic Heart Center, Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt. ©2007 by Cleveland Clinic Heart Center, Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt. Published by Broadway Books. Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt won a James Beard Award for The Joslin Diabetes Gourmet Cookbook. They are also the authors of The Joslin Diabetes Quick and Easy Cookbook, The Joslin Diabetes Healthy Carbohydrate Cookbook, and The Joslin Diabetes Great Chefs Cook Healthy Cookbook. Bonnie Polin lives in Tulsa, Oklahoma, and Frances Giedt lives in Arlington, Texas. Steven E. Nissen, M.D., is chairman of the Department of Cardiovascular Medicine at Cleveland Clinic Heart and Vascular Institute and

the current president of the American College of Cardiology.

Nutrition Facts



Properties

Glycemic Index:71.42, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:12.965652071911%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 173.21kcal (8.66%), Fat: 5.31g (8.16%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 2.74g (1%), Sugar: 0.52g (0.58%), Cholesterol: 60.95mg (20.32%), Sodium: 130.29mg (5.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.03%), Selenium: 52.34µg (74.77%), Phosphorus: 316.41mg (31.64%), Vitamin B12: 1.29µg (21.5%), Vitamin B6: 0.37mg (18.69%), Vitamin K: 19.36µg (18.44%), Potassium: 630.9mg (18.03%), Vitamin B3: 3.29mg (16.43%), Magnesium: 57.93mg (14.48%), Manganese: 0.21mg (10.66%), Vitamin E: 1.54mg (10.28%), Vitamin B1: 0.15mg (9.91%), Vitamin D: 1.28µg (8.5%), Vitamin B2: 0.11mg (6.51%), Vitamin C: 5.04mg (6.11%), Zinc: 0.86mg (5.76%), Iron: 1.01mg (5.63%), Folate: 17.55µg (4.39%), Calcium: 41.68mg (4.17%), Copper: 0.07mg (3.44%), Fiber: 0.75g (3.02%), Vitamin A: 149.62IU (2.99%), Vitamin B5: 0.29mg (2.86%)