

food
network



HEALTH SCORE

54%

Spaghetti with Fish and Vegetables: Ciambotta



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2 cans tomatoes coarsely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 pounds fish steaks white such as rock fish, mullet, haddock, halibut, cod, or snapper
- ☐ 3 garlic cloves crushed sliced
- ☐ 1 bell pepper green cored thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 1 medium onion coarsely chopped

- ☐ 2 bunches parsley italian coarsely chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 6 servings salt and pepper
- ☐ 1 pound pasta like spaghetti
- ☐ 1.5 cups water

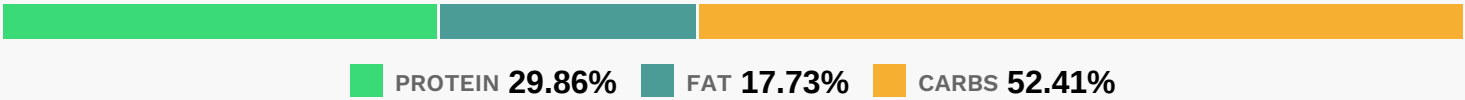
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In a large saucepan over medium heat, gently saute onion and garlic in oil until vegetables soften, about 10 minutes. Stir all but 2 tablespoons of the parsley into the vegetables, then add the tomatoes, green pepper, pepper flakes, and 1 teaspoon salt, stirring to mix well. Cover and cook over low heat for 20 minutes.
- ☐ Add water and wine and bring to a simmer. Adjust seasoning with salt and pepper.
- ☐ Put the fish steaks into the saucepan, covering with the sauce. Cook 15 minutes, or until fish is cooked through.
- ☐ Remove the fish to a plate using a slotted spoon. Set aside.
- ☐ Bring sauce to a boil and reduce until it coats the back of a spoon, removing any fish bones or skin you find. Flake the cooked fish flesh and return to the reduced sauce. Cook for 5 minutes to meld flavors, then remove from heat and set aside.
- ☐ Bring 6 quarts of water to a boil over high heat and add 2 tablespoons salt.
- ☐ Add the spaghetti to the boiling water and cook until tender, yet al dente, about 7 to 8 minutes.
- ☐ Drain and add to the sauce.
- ☐ Cook over high heat 45 seconds, then divide evenly among 6 heated pasta bowls, sprinkle with remaining parsley, drizzle with oil, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:26.36, Inflammation Score:-9, Nutrition Score:36.953913025234%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 40.95mg, Apigenin: 40.95mg, Apigenin: 40.95mg, Apigenin: 40.95mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 561.94kcal (28.1%), Fat: 10.82g (16.65%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 72g (24%), Net Carbohydrates: 65.24g (23.72%), Sugar: 9.71g (10.79%), Cholesterol: 75.6mg (25.2%), Sodium: 510.33mg (22.19%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 41.02g (82.03%), Vitamin K: 330.24µg (314.52%), Selenium: 144.27µg (206.11%), Vitamin C: 55.66mg (67.47%), Manganese: 1.14mg (57.22%), Phosphorus: 524.75mg (52.47%), Vitamin A: 2055.61IU (41.11%), Potassium: 1355.61mg (38.73%), Vitamin D: 5.75µg (38.3%), Vitamin B6: 0.75mg (37.74%), Vitamin B3: 7.03mg (35.17%), Vitamin B12: 2.1µg (35.03%), Magnesium: 127.22mg (31.8%), Copper: 0.59mg (29.61%), Iron: 4.96mg (27.57%), Fiber: 6.76g (27.05%), Vitamin B2: 0.44mg (25.84%), Vitamin E: 3.78mg (25.22%), Folate: 81.63µg (20.41%), Vitamin B1: 0.25mg (16.51%), Zinc: 2.32mg (15.46%), Calcium: 136.63mg (13.66%), Vitamin B5: 1.36mg (13.57%)