



Spaghetti with Monkfish and Hot Peppers

 Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



755 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup fennel leaves roughly chopped
- ☐ 2 cloves garlic
- ☐ 0.5 cup freshly mint leaves chopped roughly chopped for garnish
- ☐ 1 pound monkfish fresh skinless cut into 1/2-inch cubes
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 8 overripe plum tomatoes fresh roughly chopped
- ☐ 4 jalapeños red seeded chopped

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound pasta like spaghetti

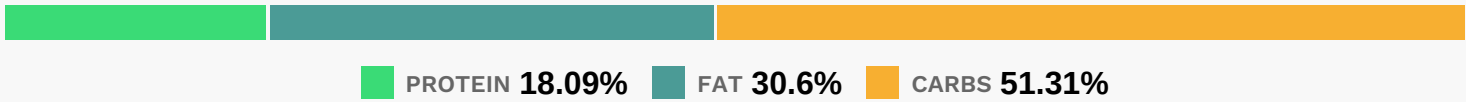
Equipment

- ☐ frying pan

Directions

- ☐ Season the monkfish with salt.
- ☐ Bring 6 quarts of water to a rolling boil and add 2 teaspoons salt.
- ☐ In a 12 to 14-inch saute pan, heat the olive oil, garlic, jalapenos, monkfish, salt and pepper and cook until softened, but not browned, about 5 to 6 minutes.
- ☐ Add tomatoes, white wine, and monkfish and simmer 5 to 6 minutes more, until the monkfish is just cooked.
- ☐ Add the mint leaves and stir through.
- ☐ Remove the pan from the heat.
- ☐ Cook the pasta according to the package directions until just al dente and drain.
- ☐ Pour the hot pasta into the pan with the monkfish and stir gently to mix.
- ☐ Pour the pasta into a warm serving dish, sprinkle with the fennel leaves and mint.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:36.24, Inflammation Score:-9, Nutrition Score:27.38695656735%

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 Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 754.84kcal (37.74%), Fat: 24.83g (38.2%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 93.7g (31.23%), Net Carbohydrates: 87.53g (31.83%), Sugar: 7.76g (8.62%), Cholesterol: 28.35mg (9.45%), Sodium: 44.27mg (1.92%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 33.03g (66.07%), Selenium: 113.45µg (162.07%), Manganese: 1.39mg (69.72%), Vitamin C: 41.8mg (50.67%), Phosphorus: 494.3mg (49.43%), Potassium: 1151.31mg (32.89%), Vitamin B6: 0.65mg (32.47%), Vitamin K: 31.65µg (30.14%), Vitamin A: 1465.76IU (29.32%), Magnesium: 110.67mg (27.67%), Vitamin B3: 5.43mg (27.15%), Vitamin E: 3.98mg (26.54%), Fiber: 6.17g (24.68%), Copper: 0.48mg (24.17%), Vitamin B12: 1.02µg (17.01%), Zinc: 2.45mg (16.33%), Iron: 2.91mg (16.19%), Folate: 59.88µg (14.97%), Vitamin B1: 0.2mg (13.11%), Vitamin B2: 0.2mg (11.56%), Vitamin B5: 0.87mg (8.65%), Calcium: 72.31mg (7.23%)