



 **53%**  
HEALTH SCORE

## Spanish Braised Monkfish

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**350 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup blanched slivered almonds
- 1 cup bottled clam juice
- 0.3 cup cooking sherry dry
- 2 tablespoons parsley fresh chopped
- 3 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 2 pounds monkfish
- 2 tablespoons olive oil

- 1 onion chopped
- 2 bell peppers diced red
- 1.5 teaspoons salt

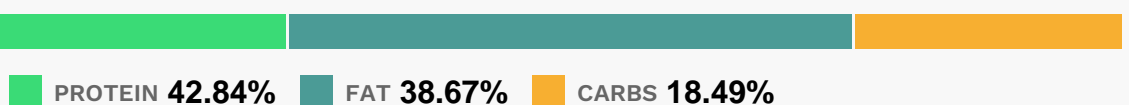
## Equipment

- food processor
- frying pan
- blender

## Directions

- In a large deep frying pan, heat the oil over moderate heat.
- Add the onion, bell peppers, and salt and cook, stirring occasionally, until the onion is soft, about 5 minutes. Stir in the garlic and sherry; simmer for 1 minute.
- Add the clam juice and bring to a simmer. Reduce the heat and simmer, covered, for 10 minutes.
- Transfer the contents of the frying pan to a blender or food processor and puree.
- Add the almonds and the black pepper. Pulse until the nuts are chopped very fine. Return the sauce to the pan.
- Bring the sauce just to a simmer and add the fish to the pan. Simmer, covered, until just done, 10 to 12 minutes. Slice the fish on the diagonal and serve with the parsley sprinkled over the top.
- Fish Alternatives: Though monkfish is quite firm, a relatively firm, thick white fish, such as haddock, cod, or halibut, would also be delicious braised in this flavorful sauce.
- Wine Recommendation: A fresh, fruity but not-too-sweet ros will complement the Mediterranean flavors here. Look for a ros from Rioja to carry out the Spanish theme, or try one from southern France.

## Nutrition Facts



## Properties

Glycemic Index:42, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:27.420869371165%

## 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: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

## Nutrients (% of daily need)

Calories: 350.03kcal (17.5%), Fat: 14.35g (22.08%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 12.65g (4.6%), Sugar: 6.17g (6.85%), Cholesterol: 56.7mg (18.9%), Sodium: 1134.45mg (49.32%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 35.77g (71.55%), Selenium: 83.79µg (119.69%), Vitamin C: 86.78mg (105.19%), Phosphorus: 524.61mg (52.46%), Vitamin A: 2212.86IU (44.26%), Vitamin B6: 0.83mg (41.74%), Vitamin K: 40.57µg (38.64%), Potassium: 1207.88mg (34.51%), Vitamin B12: 2.06µg (34.32%), Vitamin B3: 5.82mg (29.08%), Vitamin E: 3.64mg (24.27%), Magnesium: 82.58mg (20.64%), Manganese: 0.4mg (19.88%), Vitamin B2: 0.26mg (15.12%), Folate: 59.86µg (14.96%), Fiber: 2.8g (11.19%), Zinc: 1.45mg (9.67%), Copper: 0.19mg (9.27%), Iron: 1.64mg (9.09%), Vitamin B1: 0.13mg (8.95%), Vitamin B5: 0.67mg (6.67%), Calcium: 59.65mg (5.96%)