



Spicy Sauteed Fish with Olives and Cherry Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups cherry tomatoes halved
- ☐ 0.5 cup parsley fresh chopped
- ☐ 6 garlic clove minced
- ☐ 1 cup kalamata olives black chopped
- ☐ 0.3 cup olive oil
- ☐ 2 pounds orange roughy fillets red
- ☐ 0.5 teaspoon pepper dried red crushed

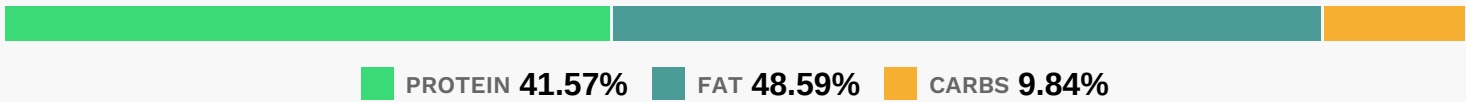
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in heavy large skillet over medium-high heat.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Add half of fish to skillet and sauté until just opaque in center, about 3 minutes per side.
- ☐ Transfer fish to platter. Repeat with remaining fish.
- ☐ Add parsley and crushed red pepper to same skillet; sauté 1 minute.
- ☐ Add tomatoes, olives, and garlic; sauté until tomatoes are soft and juicy, about 2 minutes. Season sauce with salt and pepper; spoon over fish.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:25.348695672077%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 377.57kcal (18.88%), Fat: 20.53g (31.59%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.77g (2.46%), Sugar: 4.02g (4.47%), Cholesterol: 136.08mg (45.36%), Sodium: 715.52mg (31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.52g (79.05%), Selenium: 153.02µg (218.6%), Vitamin K: 137.7µg (131.14%), Vitamin C: 45.35mg (54.97%), Vitamin E: 6.94mg (46.27%), Vitamin A: 1726.33IU (34.53%), Phosphorus: 297.73mg (29.77%), Iron: 4.13mg (22.94%), Folate: 90.95µg (22.74%), Vitamin B3: 4.5mg (22.51%), Potassium: 782.35mg (22.35%), Manganese: 0.36mg (18.07%), Copper: 0.35mg (17.47%), Vitamin B6: 0.31mg (15.69%), Magnesium: 60.93mg (15.23%), Vitamin B12: 0.86µg (14.36%), Fiber: 2.59g (10.34%), Vitamin B1: 0.15mg (9.81%), Vitamin B2: 0.15mg (8.93%), Calcium: 73.81mg (7.38%), Zinc: 0.89mg (5.91%), Vitamin B5: 0.37mg (3.75%)