



Steamed Monkfish: Polpo in Umido

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stick piece cinnamon (2-inch)
- 4 cloves garlic chopped
- 1.5 pounds monkfish boneless
- 0.3 cup olive oil extra-virgin
- 1 medium onion sliced
- 1 bunch parsley italian chopped
- 1 teaspoon pepper flakes red
- 6 servings salt and pepper

6 small tomatoes halved

Equipment

frying pan

sauce pan

sieve

Directions

In a saucepan over medium-low heat, gently sweat the garlic in the olive oil until it is very soft but not browned.

Add the onion and continue cooking 5 to 7 minutes, until the onion is soft and browning. Increase the heat to medium-high and add tomato halves, cut sides down. Cook the tomatoes, turning frequently, until they have released their juices and are very soft.

Stir in parsley, red pepper flakes, salt and pepper, to taste, and cinnamon. Cover the pan and cook for 15 minutes, until the sauce is thick and flavorful.

Remove the cinnamon stick and push the sauce through a fine-mesh sieve or vegetable mill or process to a coarse puree.

Add the sauce to a clean pan and place over medium heat.

Cut the monkfish into 6 serving-sized pieces and add to the simmering sauce. Cook, turning the fish pieces until cooked through but still firm, about 7 to 10 minutes.

Remove the fish to a serving platter cover with the sauce.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:18.536956351736%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin:

0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 198.24kcal (9.91%), Fat: 11.06g (17.02%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.31g (3.68%), Cholesterol: 28.35mg (9.45%), Sodium: 230.85mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin K: 169.05µg (161%), Selenium: 41.86µg (59.8%), Vitamin C: 28.24mg (34.23%), Vitamin A: 1704.77IU (34.1%), Phosphorus: 263.9mg (26.39%), Potassium: 765.82mg (21.88%), Vitamin B6: 0.41mg (20.41%), Vitamin B12: 1.02µg (17.01%), Vitamin B3: 3.13mg (15.64%), Manganese: 0.31mg (15.56%), Vitamin E: 2mg (13.36%), Magnesium: 41.76mg (10.44%), Folate: 39.7µg (9.92%), Fiber: 2.18g (8.74%), Iron: 1.43mg (7.94%), Vitamin B2: 0.11mg (6.19%), Copper: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.57%), Zinc: 0.8mg (5.34%), Calcium: 46.27mg (4.63%), Vitamin B5: 0.33mg (3.29%)