



HEALTH SCORE

75%

Steamed Monkfish: Polpo in Umido



Gluten Free



Dairy Free



Very Healthy

READY IN



70 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

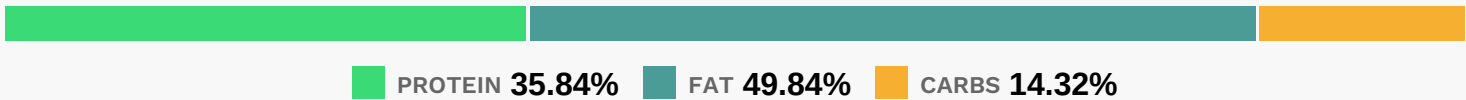
☐ sauce pan

☐ 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, pepper, 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. Return the sauce to the rinsed-out pan over medium heat.
- ☐ Cut the monkfish into 6 serving-sized pieces and add to the simmering sauce. Cook, turning the fish pieces until the fish is cooked through but still firm, about 7 to 10 minutes.
- ☐ Remove from heat and serve immediately, spooning sauce over fish pieces.

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: Og (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%)