

health-score74%

HEALTH SCORE

Triglia with Cucumbers and Sweet Peppers

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

408 kcal

LUNCHMAIN COURSEMAIN DISHDINNER

Ingredients

- ☐ 4 cherry tomatoes halved
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cucumber english seeds removed, and sliced into thin slices halved lengthwise , skin on
- ☐ 1 bunch flat parsley chopped
- ☐ 1 lemon zest
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 passata rough tomato sauce
- ☐ 1 bell pepper red cored seeded sliced into thin strips

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 triglia red or any other small fish, scaled and cleaned mullet

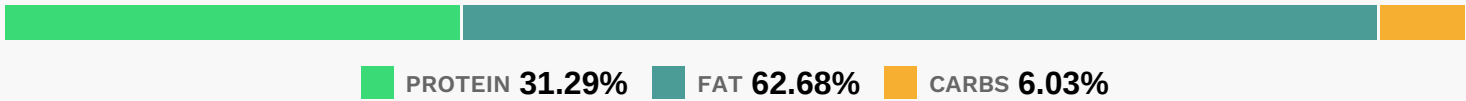
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat the olive oil over medium heat until just smoking.
- ☐ Season the fish on both sides with salt and pepper.
- ☐ Add fish to pan and cook for 3 minutes. Turn fish when cooked and add cucumber, pepper, and lemon leaf (or lemon zest). Cook for another 2 minutes.
- ☐ Add white wine and cook until evaporated, about 2 minutes.
- ☐ Add the passata and tomatoes and continue cooking for another 2 minutes. Season, to taste, with salt and pepper, sprinkle with parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.64, Inflammation Score:-9, Nutrition Score:27.198695390121%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 408.28kcal (20.41%), Fat: 26.95g (41.47%), Saturated Fat: 4.63g (28.96%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.78g (3.08%), Cholesterol: 73.5mg (24.5%), Sodium: 111.91mg (4.87%), Alcohol: 3.09g (100%), Alcohol %: 1.3% (100%), Protein: 30.28g (60.56%), Vitamin K: 254.86µg (242.73%), Vitamin C: 65.7mg (79.64%), Selenium: 55.04µg (78.63%), Vitamin A: 2440.74IU (48.81%), Vitamin B3: 8.45mg (42.23%),

Vitamin B6: 0.78mg (39.17%), Phosphorus: 367.03mg (36.7%), Vitamin E: 5.21mg (34.76%), Potassium: 795.01mg (22.71%), Iron: 2.98mg (16.58%), Magnesium: 64.01mg (16%), Vitamin D: 2.25µg (15%), Vitamin B5: 1.43mg (14.3%), Folate: 54.2µg (13.55%), Vitamin B1: 0.18mg (12.14%), Vitamin B2: 0.18mg (10.67%), Calcium: 96.5mg (9.65%), Manganese: 0.18mg (8.78%), Zinc: 1.15mg (7.65%), Copper: 0.14mg (6.75%), Fiber: 1.59g (6.35%), Vitamin B12: 0.33µg (5.5%)