

health-score 87%

HEALTH SCORE

Whitefish with Lemon Vinaigrette

 Dairy Free  Very Healthy

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 0.3 cup fish broth
- ☐ 6 servings flour all-purpose for dredging
- ☐ 2 cloves garlic
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 8 tablespoons olive oil extra-virgin
- ☐ 0.3 cup lightly parsley leaves fresh italian packed
- ☐ 12 ounces radicchio thinly coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 shallots thinly sliced
- ☐ 30 ounce whitefish fillets such as tilapia

Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat 2 tablespoons of oil in a heavy large skillet over medium heat.
- ☐ Add the shallots and saute until tender, about 2 minutes.
- ☐ Add the radicchio and saute until wilted, about 5 minutes.
- ☐ Add the beans and broth, and cook until the beans are heated through, stirring often, about 5 minutes. Season the radicchio mixture, to taste, with salt and pepper.
- ☐ Meanwhile, heat 3 tablespoons of oil in a 14-inch (or 2 smaller) nonstick frying pan over medium-high heat.
- ☐ Sprinkle the fillets with salt and pepper. Dredge the fillets in flour to coat completely. Shake of the excess flour and fry 3 fillets in each pan until they are golden brown and just cooked through, about 3 minutes per side.
- ☐ Spoon the radicchio mixture over the center of the plates. Top with the fillets.
- ☐ Drizzle the vinaigrette over and serve immediately.
- ☐ Blend the lemon juice, parsley, garlic, lemon zest, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper.

Nutrition Facts



 **PROTEIN 27.16%**  **FAT 53.85%**  **CARBS 18.99%**

Properties

Glycemic Index:43.67, Glycemic Load:8.39, Inflammation Score:-8, Nutrition Score:29.385652189669%

Flavonoids

Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg, Cyanidin: 72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 21.6mg, Luteolin: 21.6mg, Luteolin: 21.6mg, Luteolin: 21.6mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg

Nutrients (% of daily need)

Calories: 555.33kcal (27.77%), Fat: 33.79g (51.98%), Saturated Fat: 5.25g (32.82%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 22.04g (8.01%), Sugar: 1.87g (2.07%), Cholesterol: 77.45mg (25.82%), Sodium: 294.36mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Vitamin K: 208.71µg (198.77%), Selenium: 69.25µg (98.93%), Vitamin E: 6.92mg (46.16%), Vitamin B12: 2.45µg (40.79%), Phosphorus: 370.25mg (37.03%), Folate: 141.22µg (35.3%), Vitamin B3: 6.79mg (33.96%), Vitamin D: 4.8µg (32.01%), Manganese: 0.63mg (31.7%), Potassium: 1042.73mg (29.79%), Copper: 0.51mg (25.36%), Iron: 4.18mg (23.25%), Magnesium: 92.14mg (23.04%), Vitamin B6: 0.4mg (20.19%), Fiber: 4.77g (19.06%), Vitamin C: 13.97mg (16.93%), Vitamin B1: 0.21mg (14.28%), Zinc: 1.81mg (12.04%), Vitamin B5: 1.14mg (11.41%), Vitamin B2: 0.19mg (10.89%), Calcium: 91.75mg (9.18%), Vitamin A: 228.44IU (4.57%)