



Baked Cod with Olives and Limes

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup capers drained
- 24 ounce filets
- 2 teaspoons rosemary leaves fresh chopped
- 0.3 cup kalamata olives pitted chopped
- 12 slices lime thin
- 4 servings lime wedges for serving
- 0.3 cup olive oil
- 4 servings salt and pepper black freshly ground

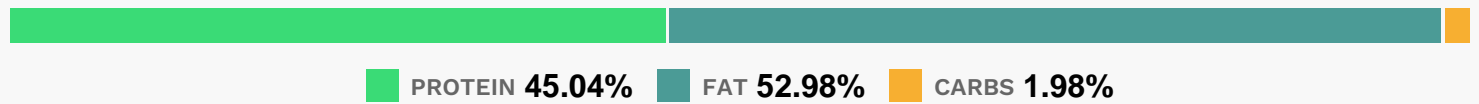
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 475 degrees F.
- Put the cod in an ovenproof baking dish and season with salt and pepper, to taste. Top each fillet with 3 lime slices, the olives, capers and rosemary.
- Drizzle with olive oil.
- Bake until the fish is cooked through, about 10 minutes.
- Remove the fish from the oven and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:13.680869496387%

Flavonoids

Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg

Nutrients (% of daily need)

Calories: 275.09kcal (13.75%), Fat: 16.04g (24.68%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.16g (0.18%), Cholesterol: 73.14mg (24.38%), Sodium: 526.72mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Selenium: 56.53µg (80.76%), Phosphorus: 347.64mg (34.76%), Vitamin B12: 1.55µg (25.8%), Vitamin E: 3.46mg (23.07%), Vitamin B6: 0.42mg (21.2%), Potassium: 716.3mg (20.47%), Vitamin B3: 3.61mg (18.05%), Magnesium: 59.43mg (14.86%), Vitamin K: 11.29µg (10.76%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.13mg (8.96%), Vitamin B2: 0.13mg (7.49%), Iron: 0.98mg (5.46%), Zinc: 0.81mg (5.4%), Copper: 0.1mg (5.14%), Vitamin C: 3.35mg (4.06%), Calcium: 38.03mg (3.8%), Folate: 15.07µg (3.77%), Fiber: 0.77g (3.09%), Vitamin B5: 0.28mg (2.76%), Vitamin A: 120.3IU (2.41%), Manganese: 0.05mg (2.38%)