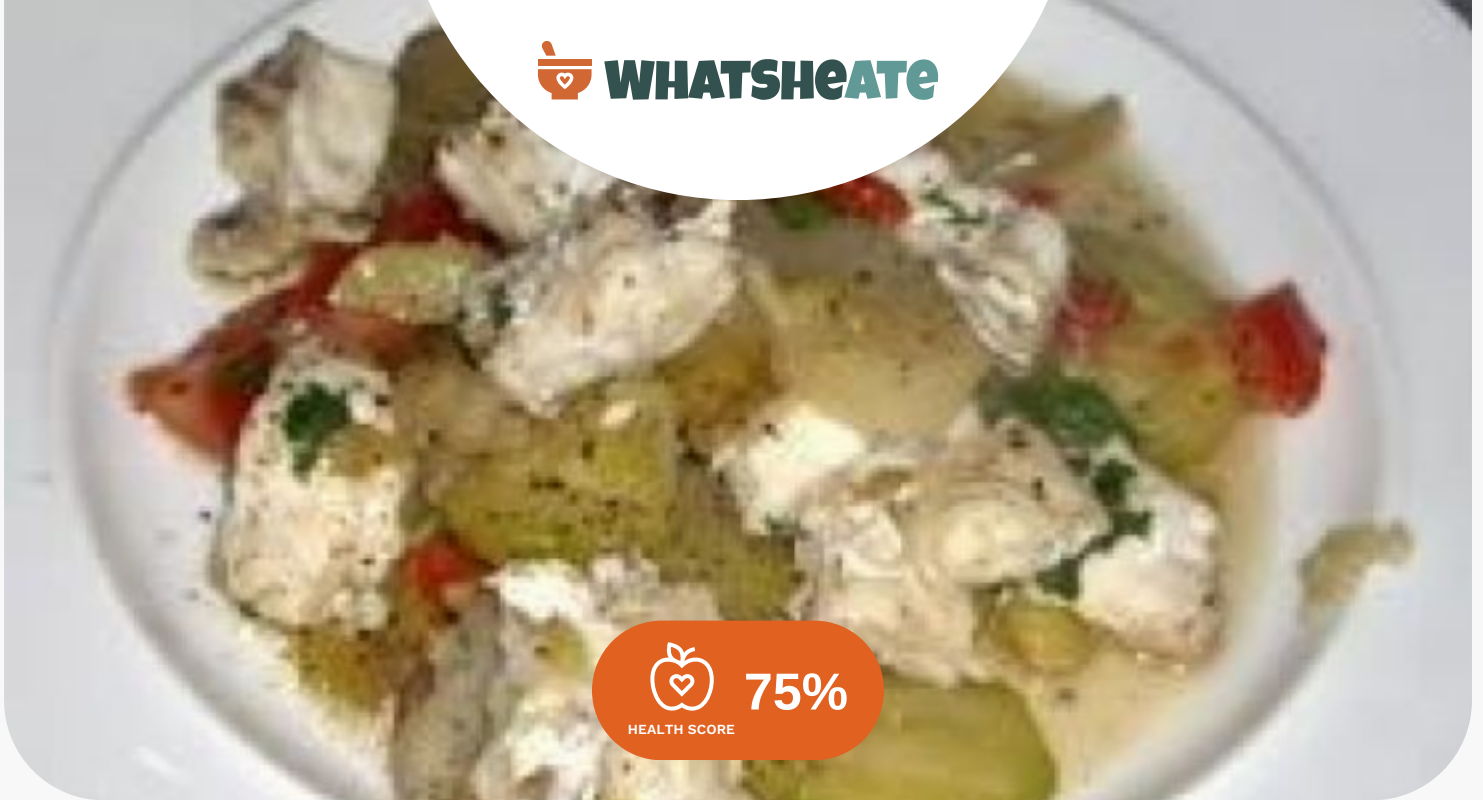




Baked Fish Dinner For Two



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baking potatoes cut into 1/2 inch slices
- ☐ 2 stalks celery cut into thin 3 inch long slices
- ☐ 2 sprigs parsley fresh for garnish
- ☐ 4 cloves garlic minced
- ☐ 1 leek chopped
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 bell pepper red chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 1 tomatoes seeded chopped
- ☐ 0.5 cup water
- ☐ 1 pound fish fillets white
- ☐ 1 zucchini sliced

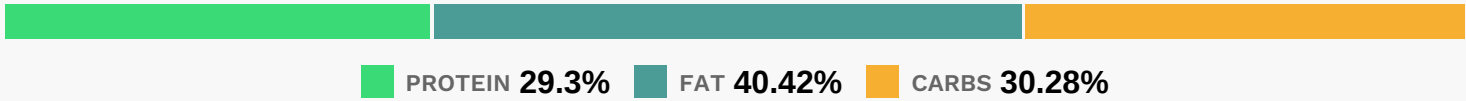
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly oil a shallow, 2 quart baking dish.
- ☐ In a medium bowl, toss the potatoes with 2 tablespoons olive oil to coat evenly. Season with salt and pepper.
- ☐ Spread potatoes in baking dish with 1/4 cup water. Cover, and bake for 15 minutes.
- ☐ Combine bell peppers, leek, zucchini, and celery in a medium bowl. Toss with garlic and 2 tablespoons olive oil,. Season to taste with salt and pepper.
- ☐ Spread vegetables over potatoes, add another 1/4 cup water, and cover.
- ☐ Bake for 10 to 15 minutes.
- ☐ Rinse, and cut fish into 1 to 1 1/2 inch cubes, and spread over vegetables. Cover.
- ☐ Bake for 10 minutes, or until fish flakes easily.
- ☐ Serve with tomato and parsley or fennel garnish.

Nutrition Facts



Properties

Glycemic Index:73.94, Glycemic Load:17.05, Inflammation Score:-8, Nutrition Score:24.154347709987%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 1.66mg, Apigenin: 1.66mg, Apigenin: 1.66mg, Apigenin: 1.66mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 355.51kcal (17.78%), Fat: 16.4g (25.22%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 24.28g (8.83%), Sugar: 4.49g (4.99%), Cholesterol: 56.7mg (18.9%), Sodium: 287.13mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.48%), Selenium: 48.67µg (69.53%), Vitamin C: 42.99mg (52.1%), Vitamin B6: 0.8mg (40.16%), Vitamin K: 41.77µg (39.78%), Potassium: 1125.75mg (32.16%), Vitamin B3: 6.26mg (31.29%), Phosphorus: 298.69mg (29.87%), Vitamin B12: 1.79µg (29.86%), Vitamin A: 1324.05IU (26.48%), Manganese: 0.53mg (26.33%), Vitamin D: 3.52µg (23.44%), Folate: 87.63µg (21.91%), Vitamin E: 3.2mg (21.37%), Magnesium: 78.83mg (19.71%), Copper: 0.29mg (14.48%), Iron: 2.55mg (14.16%), Fiber: 3.36g (13.42%), Vitamin B1: 0.2mg (13.28%), Vitamin B5: 1.15mg (11.48%), Vitamin B2: 0.19mg (11.35%), Zinc: 1.03mg (6.84%), Calcium: 65.54mg (6.55%)