



 **85%**
HEALTH SCORE

Baked Fish 'N' Chips with Honey Vinegar

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup cider vinegar
- 1.5 pounds filets divided
- 1 large eggs
- 1 cup flour all-purpose
- 4 servings salt and ground pepper black
- 1 tablespoon honey
- 0.5 cup lowfat milk

- 2 large potatoes peeled cut into 1/ slices
- 4 servings pkt spinach steamed for serving.

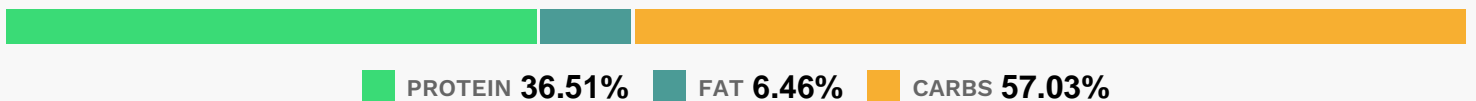
Equipment

- bowl
- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 425 degrees F. Coat a large baking sheet lined with foil with cooking spray.
- Arrange potatoes on baking sheet and spray them with cooking spray. Season with salt and black pepper.
- Bake 25 minutes, or until golden brown and tender.
- In a shallow dish, whisk together flour, baking powder and 1/2 teaspoon of salt.
- Whisk in milk and egg.
- Add cod fillets and turn to coat with batter.
- Add cod to a baking sheet that's been lined with foil and sprayed with cooking spray and bake 8 to 10 minutes, until golden brown and fork-tender.
- In a small bowl, whisk together vinegar and honey to serve as a dipping sauce.
- Serve 1 pound of the fish and all of the potatoes with this meal. Reserve 1/2 pound fish for another recipe.
- Serve with 4 cups steamed spinach.

Nutrition Facts



Properties

Glycemic Index:101.76, Glycemic Load:43.56, Inflammation Score:-10, Nutrition Score:37.689565036608%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 452.63kcal (22.63%), Fat: 3.2g (4.92%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 57.99g (21.09%), Sugar: 7.53g (8.37%), Cholesterol: 121.12mg (40.37%), Sodium: 263.48mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.41%), Vitamin K: 148.9µg (141.81%), Selenium: 72.27µg (103.24%), Vitamin A: 3010.7IU (60.21%), Phosphorus: 577.52mg (57.75%), Vitamin C: 46.5mg (56.37%), Vitamin B6: 1.07mg (53.69%), Potassium: 1759.4mg (50.27%), Manganese: 0.85mg (42.43%), Folate: 163.4µg (40.85%), Vitamin B1: 0.57mg (37.83%), Vitamin B3: 7.57mg (37.83%), Magnesium: 133.77mg (33.44%), Vitamin B12: 1.84µg (30.65%), Vitamin B2: 0.48mg (28.31%), Iron: 4.74mg (26.33%), Fiber: 5.6g (22.4%), Calcium: 188.48mg (18.85%), Copper: 0.34mg (17.23%), Vitamin D: 2.11µg (14.04%), Zinc: 1.99mg (13.23%), Vitamin B5: 1.27mg (12.66%), Vitamin E: 1.87mg (12.49%)