



Black Cod with Olives and Potatoes in Parchment

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olives black kalamata-style pitted cut into slivers
- ☐ 0.5 cup flat parsley
- ☐ 6 garlic clove thinly sliced
- ☐ 5 ounce haddock skinless black ()
- ☐ 1 optional: lemon very thinly sliced
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon oregano divided finely chopped

- ☐ 2.3 teaspoons sea salt divided fine
- ☐ 0.5 pound yukon gold potatoes

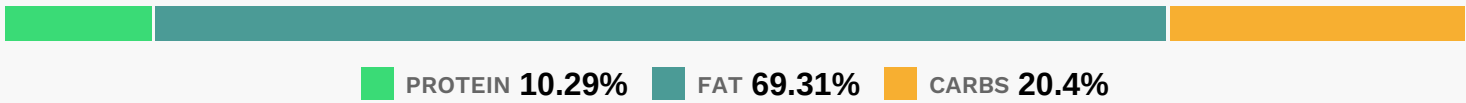
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 400°F with a baking sheet on bottom rack.
- ☐ Cut potatoes into very thin slices with slicer. Toss potatoes with 2 tablespoons oil, 1 teaspoon oregano, and 1/4 teaspoon sea salt. Divide potatoes among parchment squares, arranging them in center, slightly overlapping, then top with a piece of fish.
- ☐ Sprinkle each fillet with a scant 1/4 teaspoon sea salt, then top each with a lemon slice, a few garlic slices and olive slivers, parsley leaves, 1/2 teaspoon oregano, and 1/2 tablespoon oil.
- ☐ Gather sides of parchment up over fish to form a pouch, leaving no openings, and tie tightly with kitchen string. Put packages on hot baking sheet and bake until fish is just cooked through, 15 to 22 minutes.
- ☐ Fish can be assembled in parchment 4 hours ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:25.41, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:8.4747826457024%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 150.27kcal (7.51%), Fat: 12g (18.47%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 6.23g (2.27%), Sugar: 0.68g (0.76%), Cholesterol: 9.57mg (3.19%), Sodium: 828.23mg (36.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin K: 72.42µg (68.97%), Vitamin C: 18.44mg (22.36%), Vitamin E: 2.08mg (13.87%), Vitamin B6: 0.18mg (9.23%), Vitamin A: 373.53IU (7.47%), Selenium: 5.16µg (7.37%), Fiber: 1.72g (6.87%), Potassium: 230.11mg (6.57%), Phosphorus: 65.42mg (6.54%), Manganese: 0.13mg (6.29%), Vitamin B12: 0.32µg (5.4%), Iron: 0.94mg (5.22%), Vitamin B3: 1.02mg (5.11%), Magnesium: 16.39mg (4.1%), Folate: 15.65µg (3.91%), Copper: 0.07mg (3.31%), Calcium: 32.99mg (3.3%), Vitamin B1: 0.04mg (2.82%), Vitamin B5: 0.22mg (2.17%), Vitamin B2: 0.03mg (1.88%), Zinc: 0.24mg (1.57%)