



HEALTH SCORE

100%

Black Cod with Swiss Chard, Olives, and Lemon



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**200 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce filets black
- ☐ 0.3 teaspoon coriander seeds
- ☐ 0.3 teaspoon cumin seeds
- ☐ 1 garlic clove chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olives black pitted sliced

- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 teaspoon pepper red crushed ()
- ☐ 2 large bunches swiss chard ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ mortar and pestle

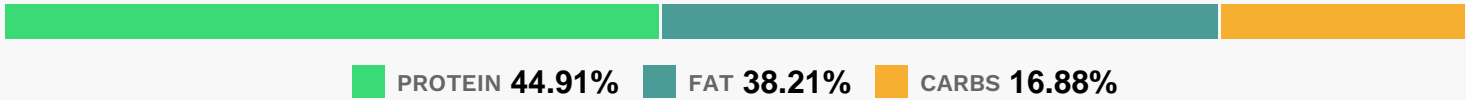
Directions

- ☐ Place lemon in a small saucepan; add water just to cover.
- ☐ Place a small heatproof plate inside the saucepan, on top of the lemon, to keep it submerged. Bring water to a boil; reduce heat and simmer until lemon is very tender when pierced with a knife, about 30 minutes.
- ☐ Drain.
- ☐ Cut lemon in half (to help cool faster); let cool.
- ☐ Scoop out pulp from both lemon halves and press pulp through a coarse-mesh sieve into a small bowl; discard solids. Finely chop peel and pith and add to pulp. Set aside.
- ☐ Toast coriander and cumin seeds in a small skillet over medium heat, stirring often, until slightly darkened and fragrant, about 3 minutes. Set aside.
- ☐ Coarsely grind coriander and cumin seeds in spice mill or with mortar and pestle.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Season fish with spice mixture, salt, and pepper; place skin side down in skillet. Cook until browned and crisp, 5–6 minutes. Turn; cook until just opaque in the center, 2–4 minutes more.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in a large skillet over medium heat.
- ☐ Add garlic and 1/4 teaspoon crushed red pepper flakes; cook, stirring, until fragrant, about 30 seconds.
- ☐ Add chard by the handful, tossing and allowing it to wilt slightly between additions. Season with salt and pepper. Cook, tossing occasionally, until all chard is tender, 5–7 minutes. Set

aside.

- ☐ Mix olives and reserved lemon mixture into chard. Season with salt, pepper, and more crushed red pepper flakes, if desired.
- ☐ Serve fish with chard.
- ☐ Per serving: 220 calories, 11 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:28.705217237058%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg 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: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 8.71mg, Kaempferol: 8.71mg, Kaempferol: 8.71mg, Kaempferol: 8.71mg Myricetin: 4.8mg, Myricetin: 4.8mg, Myricetin: 4.8mg, Myricetin: 4.8mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 199.56kcal (9.98%), Fat: 8.83g (13.58%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.37g (2.63%), Cholesterol: 48.76mg (16.25%), Sodium: 446.27mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.69%), Vitamin K: 1249.7µg (1190.19%), Vitamin A: 9280.28IU (185.61%), Vitamin C: 60.71mg (73.59%), Selenium: 39.2µg (56.01%), Magnesium: 161.8mg (40.45%), Vitamin E: 4.82mg (32.1%), Potassium: 1086.44mg (31.04%), Phosphorus: 306.49mg (30.65%), Manganese: 0.61mg (30.4%), Vitamin B6: 0.46mg (23.1%), Iron: 3.5mg (19.44%), Vitamin B12: 1.03µg (17.2%), Copper: 0.32mg (16.11%), Vitamin B3: 3.01mg (15.03%), Fiber: 3.44g (13.75%), Vitamin B2: 0.22mg (12.78%), Calcium: 108.08mg (10.81%), Vitamin B1: 0.16mg (10.72%), Folate: 32.1µg (8.03%), Zinc: 1.1mg (7.3%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.49mg (4.91%)