



Broiled Lemon Thyme Pollock



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 24 ounces pollock fillet
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon shallots finely chopped
- ☐ 2 teaspoons thyme leaves chopped

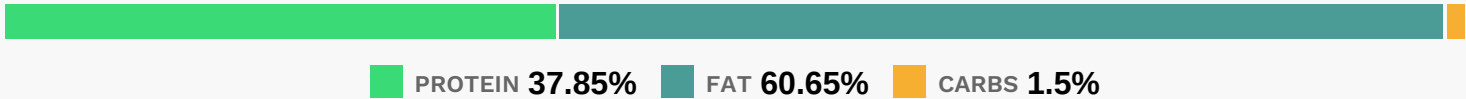
Equipment

- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Oil broiler pan.
- ☐ Put fish, skin side down, on broiler pan and sprinkle with 1/4 teaspoon each of salt and pepper (total).
- ☐ Whisk together remaining ingredients and spread evenly over top of fish. Broil 5 to 7 inches from heat until just cooked through, 6 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:15.241739039836%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 338.71kcal (16.94%), Fat: 22.33g (34.36%), Saturated Fat: 3.56g (22.22%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.49g (0.55%), Cholesterol: 86.81mg (28.94%), Sodium: 352.71mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.72%), Selenium: 58.52µg (83.6%), Vitamin K: 46.1µg (43.91%), Phosphorus: 359.83mg (35.98%), Vitamin B12: 1.6µg (26.69%), Vitamin B6: 0.44mg (21.95%), Potassium: 740.24mg (21.15%), Vitamin B3: 3.99mg (19.94%), Magnesium: 58.76mg (14.69%), Vitamin E: 2.09mg (13.94%), Vitamin D: 1.63µg (10.83%), Vitamin B1: 0.14mg (9.15%), Vitamin B2: 0.13mg (7.68%), Vitamin C: 6.24mg (7.57%), Zinc: 0.89mg (5.97%), Iron: 1.02mg (5.69%), Calcium: 41.22mg (4.12%), Folate: 15.78µg (3.94%), Copper: 0.07mg (3.49%), Vitamin B5: 0.35mg (3.48%), Manganese: 0.05mg (2.73%), Vitamin A: 135.47IU (2.71%), Fiber: 0.34g (1.35%)