



WHATSHEATE



HEALTH SCORE

73%

Cod in a Sack with Fennel and Onion



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives green black pitted chopped
- ☐ 2 pounds filets thick cut into 4 servings (get pieces from the center cuts rather than tail-end pieces)
- ☐ 4 servings top
- ☐ 1 bulb fennel cored thinly sliced
- ☐ 0.3 cup flat-leaf parsley generous chopped
- ☐ 4 large cloves garlic chopped
- ☐ 1 optional: lemon
- ☐ 4 servings olive oil generous extra-virgin for drizzling

- ☐ 1 large onion thinly sliced
- ☐ 4 servings salt and pepper

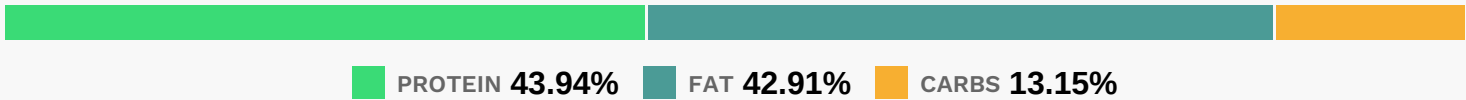
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Special equipment: Parchment paper
- ☐ Preheat oven to 400 degrees F.
- ☐ Rip off 4 sheets of parchment paper, each a little over a foot long.
- ☐ Make layered stacks dividing the fennel, onions, garlic, olives, and cod among the parchment pieces, working in the center of each piece of paper. Season the cod with salt and pepper and top with parsley.
- ☐ Drizzle extra-virgin olive oil liberally over the fish portions. Fold the top and bottom edges together and crease several times then crease up the ends of the packets. Arrange the packets on the baking sheet and place in the center of the hot oven.
- ☐ Bake packets 20 minutes.
- ☐ Serve a packet per dinner plate and cut open at table.
- ☐ Cut lemon into wedges and serve to squeeze down over the hot fish. Pass bread to mop up the cooking juices in the sack.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:3.04, Inflammation Score:-8, Nutrition Score:26.703478564387%

Flavonoids

Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg 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: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 383.71kcal (19.19%), Fat: 18.41g (28.32%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 8.71g (3.17%), Sugar: 4.76g (5.29%), Cholesterol: 97.52mg (32.51%), Sodium: 620.88mg (26.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.82%), Selenium: 76.64µg (109.49%), Vitamin K: 107.34µg (102.23%), Phosphorus: 513.33mg (51.33%), Vitamin C: 32.3mg (39.15%), Potassium: 1312.11mg (37.49%), Vitamin B6: 0.7mg (34.83%), Vitamin B12: 2.06µg (34.4%), Vitamin E: 4.53mg (30.2%), Vitamin B3: 5.28mg (26.41%), Magnesium: 93.24mg (23.31%), Fiber: 3.97g (15.89%), Vitamin B1: 0.23mg (15.08%), Vitamin D: 2.04µg (13.61%), Manganese: 0.26mg (13.21%), Folate: 49.29µg (12.32%), Vitamin B2: 0.19mg (11.42%), Iron: 2.02mg (11.19%), Vitamin A: 558.29IU (11.17%), Calcium: 100.76mg (10.08%), Zinc: 1.31mg (8.73%), Copper: 0.16mg (8.16%), Vitamin B5: 0.62mg (6.2%)