



Cod Piccata

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers
- 12 ounce filets
- 0.1 teaspoon pepper red crushed
- 1 garlic clove minced
- 0.3 teaspoon ground cumin
- 1 teaspoon olive oil
- 0.5 cup onion separated thinly sliced
- 0.5 cup bell pepper diced red

1 cup tomatoes chopped

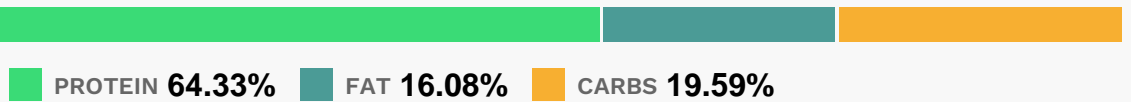
Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and garlic; saut 2 minutes.
- Add chopped tomato, capers, cumin, and crushed red pepper; cook over medium heat 5 minutes, stirring occasionally.
- Add fillets to skillet, spooning sauce over fillets. Cover and cook 10 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:21.33173903175%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.59mg, Kaempferol: 5.59mg, Kaempferol: 5.59mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg, Quercetin: 15.57mg

Nutrients (% of daily need)

Calories: 200.7kcal (10.03%), Fat: 3.56g (5.47%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.27g (5.85%), Cholesterol: 73.14mg (24.38%), Sodium: 212.19mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.02%), Selenium: 56.84µg (81.2%), Vitamin C: 63.21mg (76.62%), Phosphorus: 388.78mg (38.88%), Vitamin A: 1901.61IU (38.03%), Vitamin B6: 0.66mg (32.8%), Potassium: 1030.61mg (29.45%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 4.43mg (22.13%), Magnesium: 73.89mg (18.47%), Vitamin E: 2.47mg (16.45%), Vitamin B1: 0.2mg (13.4%), Folate: 48.84µg (12.21%), Manganese: 0.24mg (12.12%), Vitamin B2: 0.18mg (10.38%), Fiber: 2.59g (10.34%), Vitamin D: 1.53µg (10.21%), Vitamin K: 10.4µg (9.9%), Iron: 1.38mg (7.68%), Zinc: 1.1mg (7.34%), Copper: 0.14mg (6.82%), Calcium: 53.55mg (5.35%), Vitamin B5: 0.5mg

(5.05%)