



WHATSheATE



HEALTH SCORE

56%

Cod, Potato, and Fennel Casserole



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb cod fillet skinless cut into 6 servings ()
- ☐ 2 medium fennel bulbs for garnish if desired (sometimes called anise;)
- ☐ 1 leaf flat parsley fresh chopped
- ☐ 3 large garlic cloves minced
- ☐ 6 servings accompaniment: lemon wedges
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1.5 lb potatoes boiling

☐ 1 teaspoon salt

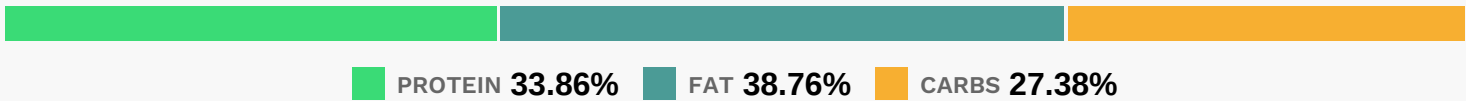
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ Cut fennel bulbs crosswise into 1/16-inch-thick slices with slicer. Peel potatoes and cut crosswise into 1/16-inch-thick slices with slicer.
- ☐ Transfer fennel and potatoes to baking dish and toss with garlic, salt, pepper, and 4 tablespoons oil.
- ☐ Spread vegetables evenly in dish and bake, covered with foil, in middle of oven until just tender, 25 to 30 minutes.
- ☐ Season fish with salt and pepper and arrange on top of vegetables.
- ☐ Drizzle with remaining 2 tablespoons oil and bake, uncovered, until fish is just cooked through, 12 to 15 minutes.
- ☐ * Available at Asian markets, many cookware shops, and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:27.42, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:21.812173895214%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 354.09kcal (17.7%), Fat: 15.34g (23.6%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 19.95g (7.25%), Sugar: 4.57g (5.08%), Cholesterol: 65.01mg (21.67%), Sodium: 530.86mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.32%), Selenium: 51.38µg (73.4%), Vitamin K: 63.75µg (60.71%), Potassium: 1472.97mg (42.08%), Phosphorus: 417.79mg (41.78%), Vitamin B6: 0.62mg (30.98%), Vitamin C: 21.84mg (26.48%), Vitamin B3: 4.94mg (24.68%), Vitamin E: 3.45mg (23.01%), Vitamin B12: 1.38µg (22.93%), Magnesium: 87.28mg (21.82%), Manganese: 0.37mg (18.44%), Fiber: 4.43g (17.73%), Vitamin B1: 0.22mg (14.55%), Folate: 52.48µg (13.12%), Copper: 0.25mg (12.61%), Iron: 2.1mg (11.69%), Vitamin B2: 0.16mg (9.44%), Vitamin D: 1.36µg (9.07%), Zinc: 1.23mg (8.22%), Calcium: 77.71mg (7.77%), Vitamin B5: 0.74mg (7.41%), Vitamin A: 187.79IU (3.76%)