



WHATSheATE



HEALTH SCORE

100%

Cod with bacon, lettuce & peas



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp unrefined sunflower oil
- ☐ 2 rashers rindless streaky bacon smoked cut into small pieces
- ☐ 1 small onion very finely sliced
- ☐ 1 garlic clove crushed
- ☐ 280 g filets skinless thick
- ☐ 140 g pea frozen
- ☐ 200 ml chicken stock see fresh with ½ cube
- ☐ 2 little gem lettuces shredded

- ☐ 2 tbsp half-fat crème fraîche
- ☐ 2 slices crusty wholegrain bread thick

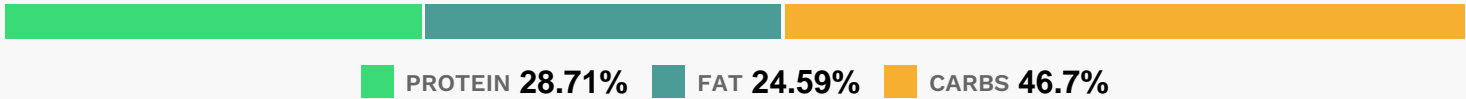
Equipment

- ☐ frying pan

Directions

- ☐ Heat the sunflower oil in a medium non-stick frying pan.
- ☐ Add the bacon, shallot or onion, and garlic. Cook gently, stirring, for 2 mins, then push to one side of the pan.
- ☐ Season the cod with ground black pepper. Fry in the pan for 2 mins, then turn over.
- ☐ Add the peas and stock, and bring to a simmer. Cook over a medium heat for a further 2 mins, then add the lettuce and crme frache. Cook for a couple mins more, stirring the vegetables occasionally, until the fish is just cooked and the lettuce has wilted.
- ☐ Serve with bread to mop up the broth.

Nutrition Facts



Properties

Glycemic Index:106.75, Glycemic Load:38.51, Inflammation Score:-10, Nutrition Score:63.097826418669%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 754.39kcal (37.72%), Fat: 21.69g (33.38%), Saturated Fat: 6.03g (37.67%), Carbohydrates: 92.72g (30.91%), Net Carbohydrates: 73.87g (26.86%), Sugar: 33.2g (36.89%), Cholesterol: 84.84mg (28.28%), Sodium: 782.52mg (34.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57g (114%), Vitamin C: 196.07mg (237.66%), Vitamin B6: 3.14mg (156.92%), Folate: 572.78µg (143.19%), Manganese: 2.74mg (136.85%), Vitamin B2: 2.14mg (125.88%), Potassium: 4028.98mg (115.11%), Selenium: 76.12µg (108.74%), Phosphorus: 969.12mg (96.91%), Vitamin B1: 1.36mg (90.34%), Magnesium: 305.89mg (76.47%), Fiber: 18.85g (75.41%), Vitamin B3: 14.37mg (71.86%), Iron: 9.24mg (51.36%), Copper: 0.98mg (49.18%), Vitamin A: 2419.08IU (48.38%), Zinc: 5.99mg (39.95%), Vitamin K:

36.52µg (34.78%), Vitamin E: 4.61mg (30.74%), Vitamin B5: 2.68mg (26.79%), Calcium: 266.03mg (26.6%), Vitamin B12: 1.41µg (23.49%), Vitamin D: 1.35µg (8.99%)