

 **57%**  
HEALTH SCORE

## Cod with Lemon, Garlic, and Chives

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**193 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce filets
- 1 bunch chives fresh coarsely chopped
- 2 cloves garlic sliced
- 4 servings salt and ground pepper black to taste
- 2 lemons sliced
- 4 teaspoons olive oil

### Equipment

- oven

aluminum foil

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Cut 4 large squares of heavy-duty aluminum foil.


Brush each fillet with olive oil and sprinkle with salt and black pepper.

Place each fillet in the center of an aluminum foil square.

Lay lemon slices down the length of each fillet and sprinkle garlic slices and chives over the top. Fold foil over the fish and turn the edges over 2 or 3 times; flatten to seal the packets.

Bake in the preheated oven until the fish is opaque and flakes easily with a fork, 15 to 20 minutes.

## Nutrition Facts

 **PROTEIN 63.8%** **FAT 24.61%** **CARBS 11.59%**

## Properties

Glycemic Index:33.13, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:15.008260778759%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 193.29kcal (9.66%), Fat: 5.32g (8.18%), Saturated Fat: 0.8g (5%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 4.04g (1.47%), Sugar: 1.38g (1.54%), Cholesterol: 73.14mg (24.38%), Sodium: 93.32mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.03g (62.05%), Selenium: 56.75µg (81.06%), Vitamin C: 31.37mg (38.02%), Phosphorus: 356.97mg (35.7%), Vitamin B12: 1.55µg (25.8%), Vitamin B6: 0.48mg (24.01%), Potassium: 787.37mg (22.5%), Vitamin B3: 3.58mg (17.91%), Magnesium: 59.72mg (14.93%), Vitamin E: 1.75mg (11.67%), Vitamin B1: 0.15mg (10.32%), Vitamin D: 1.53µg (10.21%), Vitamin B2: 0.12mg (7.31%), Fiber: 1.59g (6.38%), Iron: 1.04mg (5.8%), Zinc: 0.82mg (5.48%), Folate: 18.96µg (4.74%), Vitamin K: 4.9µg (4.66%), Calcium: 45.37mg (4.54%), Manganese: 0.08mg (4.16%), Vitamin B5: 0.38mg (3.76%), Copper: 0.08mg (3.75%), Vitamin A: 124.13IU (2.48%)