



Cod with Lemon, Green Olive, and Onion Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers drained chopped
- ☐ 48 ounce filets skinless
- ☐ 0.3 cup parsley fresh
- ☐ 8 servings pepper freshly ground
- ☐ 2 optional: lemon
- ☐ 1.3 cups olive oil divided
- ☐ 2 pepper dried red stemmed crushed

☐ 0.5 small onion red very thinly sliced into rings

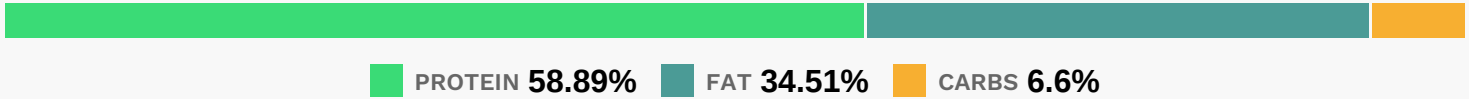
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Finely grate zest from lemons; set aside. Using a sharp knife, cut peel and white pith from lemons; discard. Working over a medium bowl, cut between membranes to release segments into bowl and squeeze membranes to release juices; discard membranes and any seeds. Set lemon segments aside.
- ☐ Combine onion and 1 teaspoon salt in a small bowl.
- ☐ Let sit 10 minutes. Squeeze onion to remove any excess liquid; add to bowl with lemon segments.
- ☐ Add olives, capers, reserved lemon zest, and 3/4 cup oil; season with salt and pepper and toss to combine. Cover relish and chill at least 4 hours.
- ☐ Preheat oven to 250°F. Bring relish to room temperature.
- ☐ Place cod in a large shallow baking dish or roasting pan and drizzle with remaining 1/2 cup oil.
- ☐ Add chiles and turn fish to coat; season with salt. Roast until just cooked through, 30–40 minutes.
- ☐ Transfer fish to a platter.
- ☐ Mix parsley into relish and spoon over fish.
- ☐ DO AHEAD: Relish (without parsley) can be made 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:14.56, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:15.490869739781%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg 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: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 211.19kcal (10.56%), Fat: 8.02g (12.33%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.99g (1.1%), Cholesterol: 73.14mg (24.38%), Sodium: 149.66mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.57%), Selenium: 56.48µg (80.69%), Phosphorus: 353.13mg (35.31%), Vitamin K: 35.69µg (33.99%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 19.1mg (23.15%), Vitamin B6: 0.45mg (22.48%), Potassium: 762.87mg (21.8%), Vitamin B3: 3.59mg (17.93%), Magnesium: 59.08mg (14.77%), Vitamin E: 2.14mg (14.3%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.15mg (9.69%), Vitamin B2: 0.12mg (7.23%), Iron: 1.02mg (5.69%), Zinc: 0.82mg (5.48%), Folate: 19.52µg (4.88%), Vitamin A: 242.79IU (4.86%), Fiber: 1.03g (4.13%), Calcium: 39.8mg (3.98%), Copper: 0.07mg (3.61%), Vitamin B5: 0.33mg (3.3%), Manganese: 0.06mg (3.01%)