



Cod with Lemon, Green Olive, and Onion Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



223 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
- ☐ 0.5 cup olive green coarsely chopped (24)

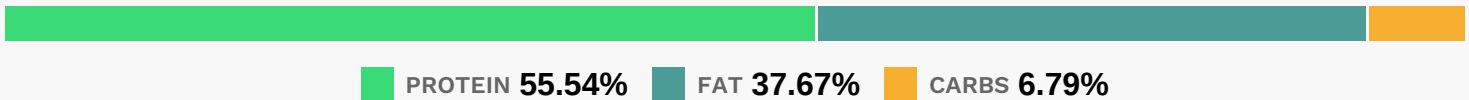
Equipment

- ☐ 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:15.758260913517%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg 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: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg 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: 223.42kcal (11.17%), Fat: 9.31g (14.32%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.04g (1.15%), Cholesterol: 73.14mg (24.38%), Sodium: 281.29mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.87g (61.74%), Selenium: 56.56µg (80.79%), Phosphorus: 353.47mg (35.35%), Vitamin K: 35.81µg (34.11%), Vitamin B12: 1.55µg (25.8%), Vitamin C: 19.1mg (23.15%), Vitamin B6: 0.45mg (22.61%), Potassium: 766.41mg (21.9%), Vitamin B3: 3.61mg (18.03%), Vitamin E: 2.47mg (16.44%), Magnesium: 60.01mg (15%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.15mg (9.81%), Vitamin B2: 0.12mg (7.26%), Iron: 1.07mg (5.92%), Vitamin A: 275.95IU (5.52%), Zinc: 0.83mg (5.5%), Fiber: 1.31g (5.24%), Folate: 19.77µg (4.94%), Calcium: 44.18mg (4.42%), Copper: 0.08mg (4.11%), Vitamin B5: 0.33mg (3.32%), Manganese: 0.06mg (3.01%)