



HEALTH SCORE

84%

Cod with lemon & parsley crust & summer greens



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



2

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bread thick stale
- ☐ 1 large bunch parsley
- ☐ 1 lemon zest
- ☐ 1 tbsp olive oil
- ☐ 2 fillet filets
- ☐ 260 g romano beans such as pea & runner beans or a pea, leek & spinach medley prepared
- ☐ 1 tsp coarse mustard

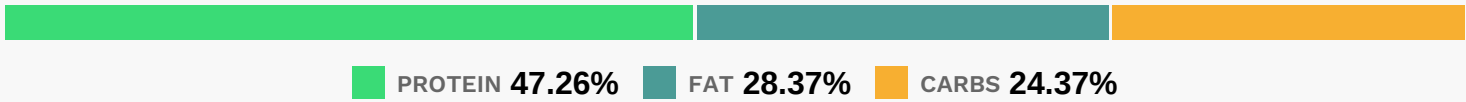
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Tear the bread into pieces and put in a food processor with the parsley and lemon zest. Blitz to make rough crumbs.
- ☐ Lightly oil a shallow baking dish, then add the cod in one layer. Lightly brush the fish with oil, then press on the crumbs.
- ☐ Bake for 10–12 mins. Meanwhile, steam the vegetables until just tender, then toss in the remaining oil, mustard and lemon juice.
- ☐ Serve alongside the fish.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:31.729130392489%

Flavonoids

Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 4.4mg, Myricetin: 4.4mg, Myricetin: 4.4mg, Myricetin: 4.4mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 293.14kcal (14.66%), Fat: 9.38g (14.43%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 12.69g (4.62%), Sugar: 5.44g (6.05%), Cholesterol: 73.1mg (24.37%), Sodium: 209.6mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.3%), Vitamin K: 528.41µg (503.25%), Selenium: 61.98µg (88.54%), Vitamin C: 59.37mg (71.97%), Vitamin A: 3369.4IU (67.39%), Phosphorus: 432.15mg (43.22%), Potassium: 1162.65mg (33.22%), Vitamin B6: 0.65mg (32.39%), Vitamin B3: 5.64mg (28.22%), Folate: 110.58µg

(27.65%), Magnesium: 108.54mg (27.14%), Manganese: 0.53mg (26.46%), Vitamin B12: 1.55µg (25.78%), Iron: 4.36mg (24.22%), Fiber: 5.44g (21.74%), Vitamin B1: 0.32mg (21.63%), Vitamin E: 2.89mg (19.24%), Vitamin B2: 0.31mg (18.41%), Calcium: 137.79mg (13.78%), Zinc: 1.55mg (10.34%), Copper: 0.21mg (10.25%), Vitamin D: 1.53µg (10.2%), Vitamin B5: 0.8mg (7.98%)