



HEALTH SCORE

58%

Cod With Pine Nut Brown Butter and Garlicky Spinach



Gluten Free

READY IN



21 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 4 servings lemon wedges
- ☐ 3 teaspoons olive oil divided
- ☐ 3 tablespoons pinenuts

- ☐ 0.5 teaspoon salt
- ☐ 20 ounces sole
- ☐ 20 ounce pkt spinach fresh washed and trimmed

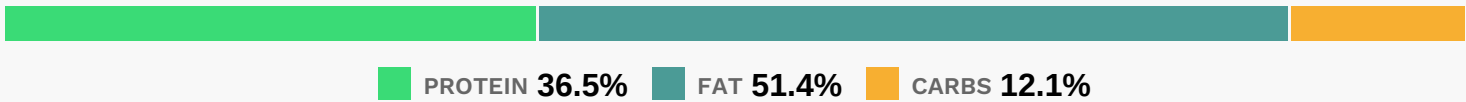
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Melt butter in large, heavy nonstick skillet over medium heat.
- ☐ Add nuts and 2 tablespoons lemon juice, and stir; cook 1 minute or until nuts are golden brown.
- ☐ Remove from pan and set aside.
- ☐ Season fish with salt and pepper.
- ☐ Add 2 teaspoons oil to skillet over medium-high heat.
- ☐ Add fish; cook 2 minutes per side, until it flakes.
- ☐ Transfer to platter; place nuts on top of fish. Tent with foil to keep warm.
- ☐ Wipe skillet clean with a paper towel. Warm remaining 1 teaspoon oil over medium heat.
- ☐ Add garlic and spinach; cook 5 minutes, stirring until spinach wilts.
- ☐ Add remaining lemon juice; cook 1 minute to blend flavors.
- ☐ Place spinach on serving platter; top with fillets.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:36.648260572682%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 239.23kcal (11.96%), Fat: 14.3g (22%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 4.06g (1.47%), Sugar: 1.19g (1.32%), Cholesterol: 71.31mg (23.77%), Sodium: 540.61mg (23.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.69%), Vitamin K: 691.11µg (658.2%), Vitamin A: 13429.8IU (268.6%), Manganese: 1.99mg (99.74%), Folate: 287.16µg (71.79%), Selenium: 39.44µg (56.35%), Vitamin C: 45.24mg (54.84%), Phosphorus: 474.18mg (47.42%), Magnesium: 157.74mg (39.44%), Vitamin E: 5mg (33.36%), Potassium: 1084.1mg (30.97%), Vitamin B12: 1.61µg (26.79%), Vitamin D: 3.97µg (26.46%), Iron: 4.58mg (25.47%), Vitamin B6: 0.45mg (22.37%), Vitamin B2: 0.32mg (18.72%), Calcium: 176.55mg (17.66%), Copper: 0.32mg (15.94%), Vitamin B3: 2.85mg (14.27%), Fiber: 3.52g (14.08%), Vitamin B1: 0.18mg (11.7%), Zinc: 1.72mg (11.45%), Vitamin B5: 0.41mg (4.09%)