



HEALTH SCORE

89%

Cod with Tomato and Orange



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 medium onion yellow thinly sliced
- ☐ 1 cup olives green pitted halved
- ☐ 2 tablespoons orange zest grated
- ☐ 1 medium navel oranges peeled
- ☐ 28 oz canned tomatoes diced undrained canned
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper black

- ☐ 2 pounds filets white or any firm fish), cut into 2-inch pieces
- ☐ 0.3 cup optional: dill dried fresh chopped

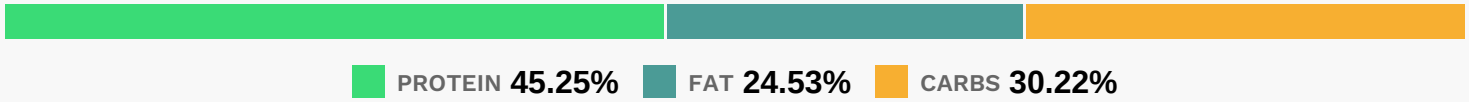
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the sliced onions and sauté for 5 minutes, until softened.
- ☐ Add the olives, orange zest, orange segments, tomatoes, salt and pepper. Cover and simmer for 10 minutes.
- ☐ Add the fish to the pan. Spoon sauce over the fish. Cover and cook for an additional 7 minutes, until the fish is just cooked through.
- ☐ Sprinkle with dill to serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:37.890870052835%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 398.14kcal (19.91%), Fat: 11.47g (17.65%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 23.32g (8.48%), Sugar: 13.06g (14.51%), Cholesterol: 97.52mg (32.51%), Sodium: 1524.68mg (66.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.63g (95.25%), Selenium: 76.74µg (109.63%),

Vitamin C: 54.72mg (66.33%), Phosphorus: 622.39mg (62.24%), Iron: 10.98mg (61.02%), Potassium: 2127.86mg (60.8%), Vitamin B6: 1.18mg (59.15%), Manganese: 1.04mg (52.22%), Magnesium: 190.15mg (47.54%), Calcium: 412.26mg (41.23%), Vitamin B3: 7.81mg (39.04%), Vitamin E: 5.79mg (38.59%), Vitamin B12: 2.06µg (34.4%), Fiber: 8.48g (33.93%), Vitamin A: 1615.32IU (32.31%), Vitamin B1: 0.43mg (28.69%), Copper: 0.57mg (28.44%), Vitamin B2: 0.32mg (19.01%), Folate: 60.73µg (15.18%), Zinc: 2.14mg (14.29%), Vitamin D: 2.04µg (13.61%), Vitamin K: 13.64µg (12.99%), Vitamin B5: 1.05mg (10.48%)