

 **83%**
HEALTH SCORE

Cod with Tomato-Olive-Chorizo Sauce and Mashed Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 50 g olives black pitted halved
- 500 g filets fresh
- 4 Tbs parsley fresh chopped
- 2 servings parsley fresh chopped
- 1 Tbs juice of lemon
- 1 Tbs olive oil
- 2 Tbs olive oil

- 240 g plum tomatoes whole canned
- 300 g potatoes
- 100 g bell pepper fresh red trimmed cut into small strips
- 100 g bell pepper fresh red trimmed cut into small strips
- 0.5 tsp salt
- 100 g andouille cubed

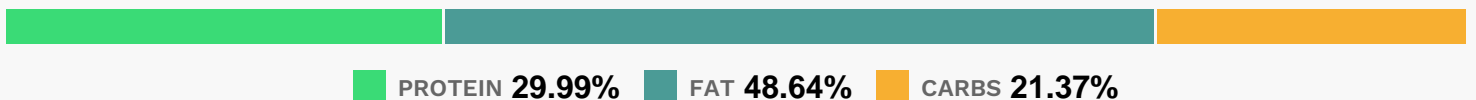
Equipment

- frying pan
- paper towels
- wooden spoon

Directions

- If frozen, thaw completely the cod fillets, and dry them with paper towels. season with salt and set aside. Peel and quarter the potatoes, and cook in lightly salted water until tender. Meanwhile, fry the pepper in olive oil for 3–4 minutes.
- Add cubed sausage, saut for another 2–3 minutes.
- Add the whole plum tomatoes, halve them with a flat end of a wooden spoon. Stir in olives and parsley, cook the sauce gently for 2 minutes. Set aside.
- Drain the potatoes and season with parsley, olive oil and lemon juice. Use a hand masher to mix and mash. Leave in a warm place.
- Place the cod fillets into a hot oiled non–stick pan and cook over a high heat for 5 minutes on each side or until golden brown.
- Serve with mashed potatoes and sauce.

Nutrition Facts



Properties

Glycemic Index:124.88, Glycemic Load:21.78, Inflammation Score:-10, Nutrition Score:46.626086956522%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 25.01mg, Apigenin: 25.01mg, Apigenin: 25.01mg, Apigenin: 25.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Taste

Sweetness: 28.75%, Saltiness: 100%, Sourness: 35.34%, Bitterness: 21.07%, Savoriness: 32.89%, Fattiness: 76.02%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 746.32kcal (37.32%), Fat: 40.56g (62.41%), Saturated Fat: 8.49g (53.04%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 32.03g (11.65%), Sugar: 8.95g (9.94%), Cholesterol: 143mg (47.67%), Sodium: 1556.36mg (67.67%), Protein: 56.26g (112.53%), Vitamin C: 194.82mg (236.15%), Vitamin K: 220.71µg (210.2%), Selenium: 90.1µg (128.71%), Vitamin A: 5309.48IU (106.19%), Vitamin B6: 1.55mg (77.43%), Phosphorus: 709.63mg (70.96%), Potassium: 2336.72mg (66.76%), Vitamin E: 7.92mg (52.78%), Vitamin B3: 10.26mg (51.31%), Vitamin B12: 3.03µg (50.5%), Magnesium: 154.72mg (38.68%), Vitamin B1: 0.56mg (37.03%), Fiber: 8.07g (32.28%), Folate: 127.38µg (31.85%), Manganese: 0.56mg (27.76%), Vitamin B2: 0.42mg (24.56%), Iron: 4.34mg (24.13%), Zinc: 3.21mg (21.39%), Copper: 0.4mg (19.94%), Vitamin D: 2.8µg (18.67%), Vitamin B5: 1.53mg (15.32%), Calcium: 110.53mg (11.05%)