



 **36%**  
HEALTH SCORE

## Cod with tomatoes, olives and polenta

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**345 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup olives black pitted
- 500 g filets fresh
- 0.5 cup regular corn instant
- 3 Tbs masa
- 0.3 cup wine dry white
- 4 servings parsley fresh chopped
- 0.3 cup olive oil
- 1 pinch oregano dry

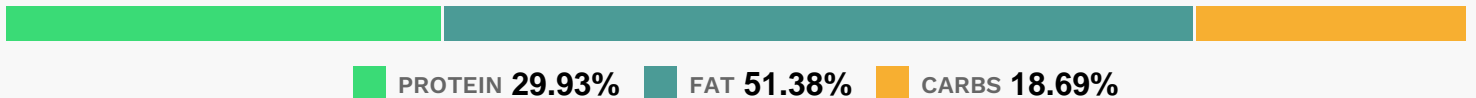
- 4 servings oregano fresh chopped
- 1 pinch salt
- 1 pinch salt
- 1 pound canned tomatoes peeled
- 2 Tbsp water cold
- 0.5 tsp pepper white
- 0.3 cup wine

## Equipment

## Directions

- If the fillets are frozen, thaw them.
- Mix corn flour, salt and white pepper. Dredge the fillets through the flour mixture, and saut them in the oil for 3 minutes on each side.
- Sprinkle the fillets with white wine.
- Add tomatoes and olives, cook for about 5 minutes. Before serving, season the fillets with oregano and parsley. To make polenta, bring the water to the boil, add wine, oregano and the salt. Gradually stir in the instant polenta and cook, stirring constantly, about 5 minutes or until done.
- Add some boiling water if needed. Cool slightly and serv with the fish.

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:19.967391304348%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg,

Apigenin: 8.64mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Taste

Sweetness: 60.8%, Saltiness: 63.15%, Sourness: 100%, Bitterness: 46.35%, Savoriness: 28.32%, Fattiness: 64.06%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 345.11kcal (17.26%), Fat: 18.93g (29.12%), Saturated Fat: 2.65g (16.56%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.08g (4.39%), Sugar: 4.16g (4.62%), Cholesterol: 53.75mg (17.92%), Sodium: 649.02mg (28.22%), Alcohol: 3.09g (17.17%), Protein: 24.81g (49.63%), Vitamin K: 84.06µg (80.06%), Selenium: 42.58µg (60.83%), Vitamin E: 4.72mg (31.47%), Phosphorus: 312.13mg (31.21%), Vitamin B6: 0.52mg (26.06%), Potassium: 852.58mg (24.36%), Vitamin C: 18.26mg (22.13%), Vitamin B3: 3.99mg (19.94%), Vitamin B12: 1.14µg (18.96%), Magnesium: 73.26mg (18.31%), Iron: 2.69mg (14.93%), Vitamin A: 687.44IU (13.75%), Fiber: 3.41g (13.65%), Manganese: 0.27mg (13.36%), Vitamin B1: 0.19mg (12.52%), Vitamin B2: 0.18mg (10.33%), Calcium: 101.79mg (10.18%), Copper: 0.18mg (9%), Folate: 33.37µg (8.34%), Vitamin D: 1.13µg (7.5%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.53mg (5.32%)