



Cook the Book: Roasted Blackfish with Olives and Sage



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings ground aleppo pepper red for seasoning
- ☐ 4 servings pepper black freshly ground for seasoning
- ☐ 1 small bunch sage fresh
- ☐ 0.5 juice of lemon freshly squeezed
- ☐ 0.5 cup olives pitted
- ☐ 4 servings kosher salt for seasoning
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

☐ 2 pound bean curd sheets dry

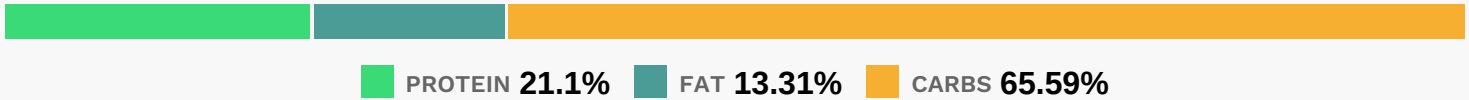
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425°F.
- ☐ Drizzle 1 tablespoon of the oil into the bottom of a baking sheet. Arrange the fish fillets, skin-side down, in the pan. Season the fish generously with salt and pepper. Tear the sage leaves into small pieces and sprinkle over the fish. Scatter the olives on top and around the fish.
- ☐ Drizzle the fish with the remaining 2 tablespoons oil.
- ☐ Transfer the pan to the oven and roast until the fish is just opaque. 8 to 10 minutes. Squeeze the lemon juice over the fish and dust the fillet with Turkish (Urfa) or Aleppo pepper. Finish with a light drizzle of good oil, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.137391305488%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 894.26kcal (44.71%), Fat: 13.51g (20.78%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 149.81g (49.94%), Net Carbohydrates: 134.73g (48.99%), Sugar: 20.74g (23.05%), Cholesterol: 0mg (0%), Sodium: 490.23mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.2g (96.4%), Copper: 7.73mg (386.49%), Iron: 12.62mg

(70.14%), Fiber: 15.08g (60.32%), Vitamin C: 40.93mg (49.61%), Calcium: 441.13mg (44.11%), Vitamin E: 2.92mg (19.5%), Manganese: 0.3mg (15%), Vitamin A: 660.09IU (13.2%), Vitamin K: 8.84µg (8.41%), Vitamin B6: 0.05mg (2.46%), Magnesium: 9.55mg (2.39%), Potassium: 62.24mg (1.78%), Vitamin B2: 0.02mg (1.4%), Vitamin B3: 0.28mg (1.38%), Vitamin B1: 0.02mg (1.14%)