



HEALTH SCORE

100%

Couscous & fish in a bag



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 optional: lemon
- ☐ 100 g couscous
- ☐ 25 g pine nut toasted
- ☐ 1 small courgette thinly sliced
- ☐ 1 small handful optional: dill chopped
- ☐ 150 ml strong vegetable stock
- ☐ 1 haddock white

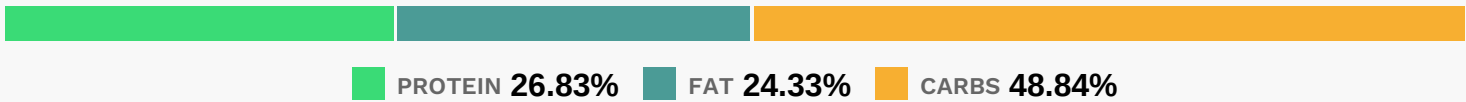
Equipment

- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Fold a large sheet of foil or baking paper in half and tightly fold one side to seal. Grate the lemon zest and mix with the couscous, pine nuts, courgette and dill. Season well, then tip into the open bag.
- ☐ Cut the lemon in half, then cut 2 thin slices from one half. Juice the other half and add the juice to the stock.
- ☐ Lay the haddock on top of the couscous, top with the lemon slices, then carefully pour over the lemony stock. Fold the remaining open sides tightly.
- ☐ Bake for 20-25 mins, depending on how thick your fish is, until the fish is cooked and couscous is fluffy.

Nutrition Facts



Properties

Glycemic Index:165.5, Glycemic Load:50.11, Inflammation Score:-9, Nutrition Score:39.884348081506%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 766.71kcal (38.34%), Fat: 21.34g (32.84%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 96.42g (32.14%), Net Carbohydrates: 86.27g (31.37%), Sugar: 7.81g (8.68%), Cholesterol: 85mg (28.33%), Sodium: 707.08mg (30.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.97g (105.94%), Manganese: 3.3mg (164.86%), Selenium: 71.9µg (102.72%), Vitamin C: 79.41mg (96.26%), Phosphorus: 665.53mg (66.55%), Vitamin B3: 11.88mg

(59.39%), Magnesium: 183.08mg (45.77%), Vitamin B12: 2.69µg (44.77%), Fiber: 10.15g (40.6%), Copper: 0.81mg (40.42%), Potassium: 1293.05mg (36.94%), Vitamin D: 5.27µg (35.13%), Vitamin B6: 0.69mg (34.47%), Vitamin B1: 0.42mg (28.04%), Folate: 111µg (27.75%), Vitamin B5: 2.6mg (25.99%), Iron: 4.57mg (25.36%), Zinc: 3.45mg (23.03%), Vitamin B2: 0.38mg (22.2%), Vitamin E: 3.32mg (22.1%), Vitamin K: 20.93µg (19.93%), Vitamin A: 661.55IU (13.23%), Calcium: 94.04mg (9.4%)