



Crunchy salsa cod



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet fish fillet skinless white such as cod or haddock (approx 500g)
- ☐ 226 g salsa
- ☐ 85 g cheddar cheese grated
- ☐ 1 large avocado diced peeled
- ☐ 1 juice of lime
- ☐ 1 small cilantro leaves chopped
- ☐ 50 g tortilla chips gluten-free (or alternative)
- ☐ 4 servings brown rice

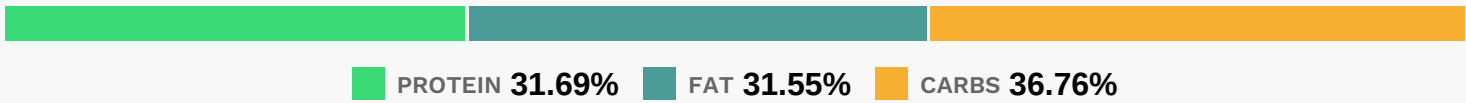
Equipment

- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Arrange the fish on the base of a shallow ovenproof dish, then spoon the salsa on top. Scatter with the cheese and bake for 15 mins or until the fish flakes when tested with the point of a knife.
- ☐ Meanwhile, stir the avocado with the lime juice, coriander and seasoning. Spoon it over the cooked fish, then scatter with the tortillas, lightly crushing them as you go.
- ☐ Serve with brown rice (we used pre-cooked microwave pouches to save time) and salad.

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:20.82, Inflammation Score:-8, Nutrition Score:32.344348202581%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 555.78kcal (27.79%), Fat: 19.87g (30.56%), Saturated Fat: 6.41g (40.07%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 44.09g (16.03%), Sugar: 3.08g (3.42%), Cholesterol: 106.25mg (35.42%), Sodium: 678.03mg (29.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.8%), Selenium: 77.8µg (111.14%), Manganese: 1.98mg (99.08%), Phosphorus: 557.22mg (55.72%), Vitamin B3: 10.22mg (51.08%), Vitamin B12: 2.91µg (48.52%), Vitamin B6: 0.76mg (38.2%), Vitamin D: 5.4µg (35.98%), Magnesium: 143.34mg (35.83%), Fiber: 8g

(31.99%), Potassium: 1057.93mg (30.23%), Folate: 98.79µg (24.7%), Vitamin B5: 2.45mg (24.49%), Vitamin B1: 0.33mg (21.85%), Calcium: 206.15mg (20.61%), Copper: 0.4mg (20.07%), Zinc: 2.74mg (18.29%), Vitamin B2: 0.31mg (18.03%), Vitamin E: 2.6mg (17.32%), Vitamin K: 17.41µg (16.58%), Iron: 2.37mg (13.17%), Vitamin A: 594.98IU (11.9%), Vitamin C: 8.48mg (10.28%)