



 **56%**
HEALTH SCORE

Fish and Chips

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

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons pepper black
- 2 tablespoons capers drained
- 24 ounce cod
- 8 sprigs thyme leaves fresh
- 1 clove garlic thinly sliced
- 1.3 teaspoons kosher salt
- 1 optional: lemon halved
- 4 tablespoons olive oil

1.8 pounds yukon gold potatoes red cut into 1-inch chunks

Equipment

oven

baking pan

aluminum foil

toaster

Directions

Heat toaster oven to 450 F.

Place the potatoes, 2 tablespoons of the oil, 1 teaspoon of the salt, 1/4 teaspoon of the pepper, and 4 sprigs of the thyme in the toaster-oven baking tray and toss.

Spread in a single layer and bake, stirring occasionally, until golden, 25 to 30 minutes.

Transfer to a large piece of aluminum foil and wrap to keep warm. Wipe out tray.

Place the cod in tray. Thinly slice half the lemon. Top the cod with the lemon slices, garlic, capers, and the remaining salt, pepper, and thyme sprigs.

Drizzle with the remaining oil.

Bake until cooked through, 8 to 12 minutes, depending on size.

Transfer the cod and potatoes to individual plates. Squeeze the remaining lemon half over the tray and return to oven until the juices are warmed through, about 5 minutes.

Pour the sauce over the fish and potatoes.

Nutrition Facts



PROTEIN 32.24% **FAT 32.19%** **CARBS 35.57%**

Properties

Glycemic Index:54.06, Glycemic Load:26.07, Inflammation Score:-9, Nutrition Score:25.023478082989%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg

Naringenin: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg, Kaempferol: 6.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 429.5kcal (21.47%), Fat: 15.49g (23.83%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 32.81g (11.93%), Sugar: 2.25g (2.5%), Cholesterol: 73.14mg (24.38%), Sodium: 942.48mg (40.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.92g (69.84%), Selenium: 57.19µg (81.7%), Vitamin C: 58.71mg (71.17%), Vitamin B6: 1.04mg (52.14%), Phosphorus: 467.39mg (46.74%), Potassium: 1600.61mg (45.73%), Vitamin B3: 5.7mg (28.51%), Magnesium: 108.03mg (27.01%), Vitamin B12: 1.55µg (25.8%), Manganese: 0.47mg (23.44%), Fiber: 5.7g (22.81%), Vitamin E: 3.21mg (21.38%), Vitamin B1: 0.3mg (20.18%), Iron: 2.93mg (16.28%), Copper: 0.31mg (15.46%), Vitamin K: 14.39µg (13.7%), Folate: 48.58µg (12.14%), Vitamin B2: 0.2mg (11.55%), Vitamin D: 1.53µg (10.21%), Zinc: 1.42mg (9.49%), Vitamin B5: 0.92mg (9.21%), Calcium: 72.47mg (7.25%), Vitamin A: 181.97IU (3.64%)