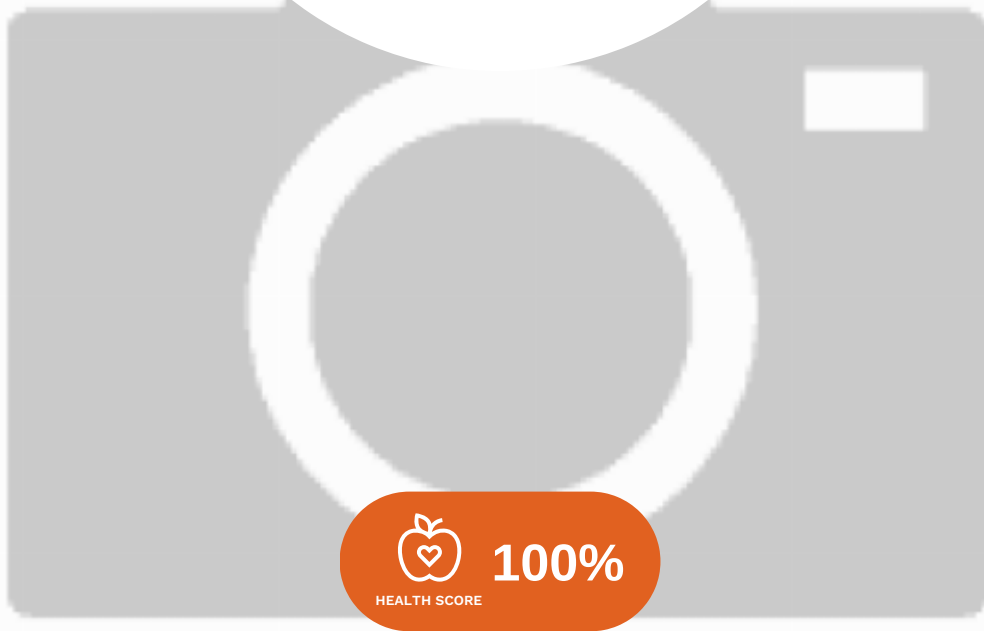




Fish and Veggie Dish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large carrots sliced
- ☐ 16 ounce fillets cod
- ☐ 1 tablespoon dill weed dried
- ☐ 1 bunch green onions chopped
- ☐ 4 servings coarsely ground pepper black to taste
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 large potatoes sliced

- ☐ 1 chile pepper fresh red seeded chopped
- ☐ 2 roma tomatoes sliced plum
- ☐ 4 servings sea salt to taste
- ☐ 2 zucchini sliced

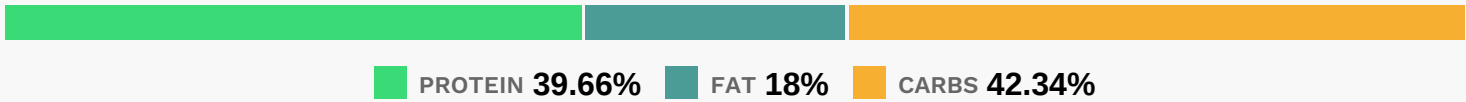
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x12 inch baking dish.
- ☐ In the baking dish, arrange the zucchini, potato, green onions, and carrots.
- ☐ Place the cod on top of the vegetables, and sprinkle with dill. Arrange tomato slices over the cod, and sprinkle with red chile pepper.
- ☐ Drizzle with olive oil and lemon juice, and season with sea salt and pepper.
- ☐ Cover dish with aluminum foil, and bake 30 minutes in the preheated oven, until vegetables are tender and fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:73.15, Glycemic Load:14.04, Inflammation Score:-10, Nutrition Score:26.024782636891%

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: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 241.35kcal (12.07%), Fat: 4.91g (7.55%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 21.14g (7.69%), Sugar: 6.52g (7.25%), Cholesterol: 48.76mg (16.25%), Sodium: 298.45mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.69%), Vitamin A: 6727.16IU (134.54%), Vitamin C: 62.34mg (75.56%), Selenium: 38.14µg (54.49%), Vitamin B6: 0.86mg (42.98%), Potassium: 1384.02mg (39.54%), Phosphorus: 351.65mg (35.16%), Vitamin K: 29.55µg (28.14%), Manganese: 0.49mg (24.62%), Magnesium: 90.45mg (22.61%), Vitamin B3: 4.49mg (22.44%), Fiber: 4.85g (19.41%), Vitamin B12: 1.03µg (17.2%), Vitamin B1: 0.25mg (16.99%), Folate: 64.9µg (16.23%), Vitamin B2: 0.24mg (14.09%), Iron: 2.31mg (12.83%), Vitamin E: 1.88mg (12.53%), Copper: 0.24mg (12.15%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.81mg (8.06%), Calcium: 79.97mg (8%), Vitamin D: 1.02µg (6.8%)