

## Fish in a Red Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**228 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 carrots sliced
- 2 strips celery sliced
- 18 ounce fillets cod
- 0.3 cup parsley fresh minced
- 2 cloves garlic minced
- 3 tablespoons juice of lemon fresh
- 0.3 cup olive oil
- 8 ounces pimento chopped

- 6 servings salt and pepper
- 28 ounce tomato purée canned
- 3 tomatoes chopped
- 6 servings water
- 1 teaspoon sugar white

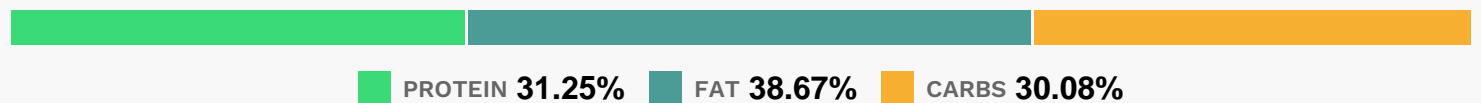
## Equipment

- frying pan
- sauce pan

## Directions

- In a large saucepan, combine the parsley, pimento, salt, pepper, tomato sauce, and fresh tomatoes. Bring to a boil.
- Add carrots, celery and garlic. Cook until carrots are cooked, but still firm.
- Stir in a little water and juice of 1 lemon.
- Place fish into pan without stirring. Baste fish with liquid.
- Add sugar.
- When the fish is cooked, remove from heat.
- Let cool and serve cold

## Nutrition Facts



## Properties

Glycemic Index:55.32, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:25.751304315484%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol:

O.14mg, Kaempferol: 0.14mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg  
Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## **Nutrients (% of daily need)**

Calories: 228.28kcal (11.41%), Fat: 10.3g (15.84%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 13.2g (4.8%), Sugar: 10.55g (11.72%), Cholesterol: 36.57mg (12.19%), Sodium: 451.81mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.45%), Vitamin A: 5443.85IU (108.88%), Vitamin C: 68.51mg (83.04%), Vitamin K: 65.03µg (61.93%), Selenium: 29.2µg (41.71%), Vitamin B6: 0.6mg (30.09%), Potassium: 1049.25mg (29.98%), Vitamin E: 4.31mg (28.73%), Phosphorus: 248.46mg (24.85%), Vitamin B3: 4.27mg (21.34%), Manganese: 0.41mg (20.57%), Fiber: 4.82g (19.29%), Copper: 0.38mg (19.01%), Iron: 3.28mg (18.22%), Magnesium: 69.88mg (17.47%), Vitamin B1: 0.21mg (14.27%), Vitamin B12: 0.77µg (12.9%), Folate: 44.34µg (11.08%), Vitamin B2: 0.18mg (10.6%), Calcium: 87.25mg (8.73%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.64mg (6.39%), Vitamin D: 0.77µg (5.1%)