






 **42%**  
HEALTH SCORE

# Greek-Style Baked Fish: Fresh, Simple, and Delicious

 **Gluten Free**  **Popular**

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**557 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bell pepper
- 1 bell pepper
- 4 servings rice cooked for serving
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- 1 tsp basil dried
- 2 oz feta cheese crumbled per pound of fish

- 1 lb fish fillet
- 2 Tablespoons olive oil per pound of fish
- 1 tsp oregano dried
- 4 servings pepper freshly ground
- 0.5 onion red
- 4 servings salt and pepper
- 1 tomatoes
- 0.3 cup wine

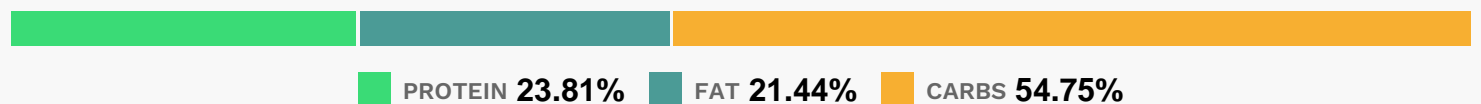
## Equipment

- oven
- baking pan

## Directions

- Preheat the oven to 450 degrees F. Choose an oven-proof baking dish that your fish will fit in without overlapping and spray it with cooking spray.
- Lay the fish fillets in the baking pan in a single layer, season with salt and pepper, then top the fish with red onion and bell pepper.
- Sprinkle with dried basil and oregano, the tomato, and the feta cheese, then drizzle the white wine and olive oil over top. Grind some fresh pepper over the top.
- Bake uncovered for about 12 – 15 minutes or until the fish flakes easily with a fork. Squeeze the lemon wedges over the cooked fish, garnish with the fresh basil and/or oregano and serve with hot cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:133.75, Glycemic Load:73.31, Inflammation Score:-8, Nutrition Score:29.556086956522%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Taste

Sweetness: 100%, Saltiness: 25.16%, Sourness: 31.14%, Bitterness: 28.8%, Savoriness: 24.54%, Fattiness: 80.31%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 557.47kcal (27.87%), Fat: 12.93g (19.89%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 74.31g (24.77%), Net Carbohydrates: 71.16g (25.88%), Sugar: 4.18g (4.64%), Cholesterol: 69.31mg (23.1%), Sodium: 422.48mg (18.37%), Alcohol: 1.55g (8.58%), Protein: 32.31g (64.62%), Vitamin C: 81.4mg (98.67%), Selenium: 67.48µg (96.4%), Manganese: 1.37mg (68.58%), Vitamin A: 2189.99IU (43.8%), Phosphorus: 373.78mg (37.38%), Vitamin B6: 0.7mg (34.78%), Vitamin B12: 2.03µg (33.85%), Vitamin B3: 6.35mg (31.75%), Vitamin D: 3.57µg (23.81%), Magnesium: 79.03mg (19.76%), Vitamin K: 20.48µg (19.5%), Potassium: 679.66mg (19.42%), Folate: 75.78µg (18.94%), Vitamin E: 2.81mg (18.74%), Vitamin B5: 1.86mg (18.62%), Vitamin B2: 0.29mg (17.12%), Copper: 0.3mg (14.95%), Zinc: 2.22mg (14.83%), Calcium: 132.33mg (13.23%), Fiber: 3.15g (12.6%), Iron: 2.14mg (11.89%), Vitamin B1: 0.17mg (11.17%)