Healthy fish & chips with tartare sauce

Gluten Free · Very Healthy · Popular

READY IN	SERVINGS	CALORIES
45 min.	2	411 kcal

LUNCH · MAIN COURSE · MAIN DISH · DINNER

Ingredients

- [ ] 450 g potatoes peeled cut into chips
- [ ] 1 tbsp olive oil for brushing plus a little extra
- [ ] 2 fillet fish fillet white
- [ ] 1 lemon zest grated
- [ ] 1 small handful parsley chopped
- [ ] 1 tbsp capers chopped
- [ ] 2 tbsp greek yogurt 0%
- [ ] 2 servings lemon wedges

Equipment

- [ ] baking sheet
- [ ] oven

Directions

- [ ] Heat oven to 200C/fan 180C/gas
- [ ] Toss chips in oil.
- [ ] Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp.
- [ ] Put the fish in a shallow dish, brush lightly with oil, salt and pepper.
- [ ] Sprinkle with half the lemon juice, bake for 12-15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.
- [ ] Meanwhile, mix the capers, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.

Nutrition Facts

PROTEIN **38.82%** FAT **22.06%** CARBS **39.12%**

Properties

Glycemic Index:70.63, Glycemic Load:28.81, Inflammation Score:-7, Nutrition Score:29.131738994433%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 410.89kcal (20.54%), Fat: 10.21g (15.71%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 35.26g (12.82%), Sugar: 2.43g (2.7%), Cholesterol: 85.75mg (28.58%), Sodium: 227.83mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.44g (80.89%), Selenium: 73.3µg (104.71%), Vitamin

C: 51.57mg (62.51%), Vitamin B6: 0.96mg (47.87%), Vitamin B12: 2.79µg (46.52%), Vitamin B3: 9.11mg (45.53%), Phosphorus: 439.76mg (43.98%), Potassium: 1500.85mg (42.88%), Vitamin K: 44.73µg (42.6%), Vitamin D: 5.27µg (35.13%), Magnesium: 102.25mg (25.56%), Fiber: 5.5g (22%), Manganese: 0.42mg (20.77%), Folate: 82.38µg (20.59%), Copper: 0.4mg (19.76%), Vitamin B1: 0.26mg (17.18%), Iron: 2.98mg (16.57%), Vitamin B5: 1.56mg (15.64%), Vitamin B2: 0.23mg (13.63%), Vitamin E: 1.77mg (11.83%), Zinc: 1.34mg (8.91%), Calcium: 69.48mg (6.95%), Vitamin A: 181.23IU (3.62%)