



Herb-Roasted Fish and Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



66 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 large garlic cloves crushed
- ☐ 24 ounce pacific halibut filets thick
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind fresh grated
- ☐ 2 tablespoons olive oil

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 0.5 cup onion red coarsely chopped
- ☐ 1 pound potatoes red cut into 1-inch cubes
- ☐ 0.5 teaspoon salt

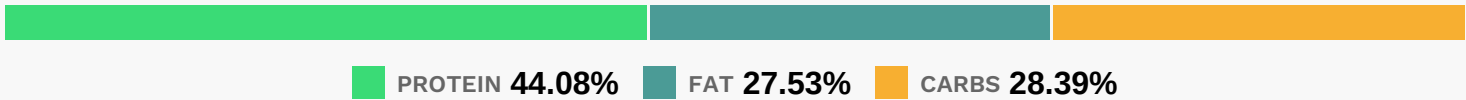
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Combine first 7 ingredients, stirring well.
- ☐ Place potato and onion in a 13 x 9-inch baking pan coated with cooking spray; toss with 2 tablespoons olive oil mixture.
- ☐ Bake at 400 for 35 to 40 minutes or until tender, stirring after 25 minutes.
- ☐ While potato bakes, stir lemon rind and lemon juice into remaining olive oil mixture.
- ☐ Brush olive oil mixture evenly over fish; cover and let stand while potato finishes baking.
- ☐ Arrange fish over potato in pan.
- ☐ Bake at 400 for 14 to 16 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:26.792173655137%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.49mg,

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 313.33kcal (15.67%), Fat: 9.55g (14.69%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 19.1g (6.94%), Sugar: 2.51g (2.79%), Cholesterol: 83.35mg (27.78%), Sodium: 429.92mg (18.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.8%), Selenium: 78.61µg (112.3%), Vitamin B3: 12.52mg (62.6%), Vitamin B6: 1.2mg (59.8%), Vitamin D: 7.99µg (53.3%), Vitamin K: 55.04µg (52.42%), Phosphorus: 484.39mg (48.44%), Potassium: 1333.1mg (38.09%), Vitamin B12: 1.87µg (31.18%), Vitamin C: 18.98mg (23.01%), Magnesium: 72.7mg (18.18%), Manganese: 0.33mg (16.51%), Vitamin E: 2.27mg (15.15%), Vitamin B1: 0.2mg (13.09%), Folate: 52.15µg (13.04%), Fiber: 3.06g (12.23%), Copper: 0.22mg (11.21%), Iron: 1.94mg (10.77%), Vitamin B5: 0.97mg (9.69%), Vitamin A: 398.78IU (7.98%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.11mg (6.33%), Calcium: 57.09mg (5.71%)