



Herby almond plaice parcels



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 small plaice fillets (100g 4oz each)
- ☐ 2 lemons white very thinly sliced
- ☐ 2 handful herbs mixed finely chopped (tarragon, dill and curly parsley)
- ☐ 50 g roasted almond flaked
- ☐ 4 tbsp olive oil

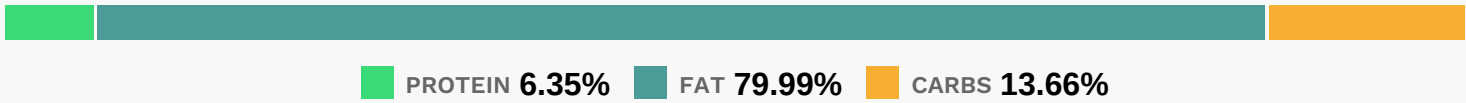
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Place four fillets, skin side down, in a roasting pan. Season, then top with the lemon slices, mixed herbs and finish with the almonds. Cover with the other four fillets, skin side up, season the skin and drizzle with olive oil.
- ☐ Bake for 15–20 mins until the fish flakes easily.
- ☐ Serve with a green salad and some new potatoes.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:9.3595651368732%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 11.57mg, Eriodictyol: 11.57mg, Eriodictyol: 11.57mg, Eriodictyol: 11.57mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 214.26kcal (10.71%), Fat: 20.45g (31.47%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 4.72g (1.72%), Sugar: 1.91g (2.12%), Cholesterol: 1.44mg (0.48%), Sodium: 4.2mg (0.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.31%), Vitamin K: 41.23µg (39.26%), Vitamin C: 31.28mg (37.92%), Vitamin E: 5.31mg (35.41%), Manganese: 0.31mg (15.27%), Fiber: 3.14g (12.56%), Magnesium: 39.48mg (9.87%), Vitamin B2: 0.16mg (9.31%), Copper: 0.15mg (7.61%), Phosphorus: 73.36mg (7.34%), Iron: 0.99mg (5.51%), Potassium: 183.8mg (5.25%), Calcium: 51.14mg (5.11%), Folate: 14.76µg (3.69%), Vitamin A: 180.49IU (3.61%), Vitamin B1: 0.05mg (3.49%), Vitamin B6: 0.07mg (3.28%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.45mg (3.03%), Selenium: 1.37µg (1.96%), Vitamin B5: 0.19mg (1.86%)