



Lemon-Dill Pollock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 teaspoons dijon mustard
- ☐ 0.3 cup optional: dill fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

☐ 24 ounce pollock white firm

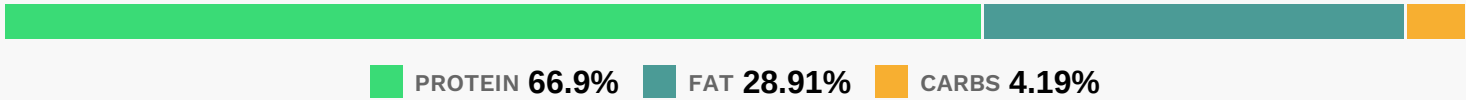
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine all ingredients except cooking spray in a large zip-top plastic bag; seal and marinate in refrigerator 20 minutes.
- ☐ Remove fish from bag; discard marinade.
- ☐ Prepare grill or broiler.
- ☐ Place fish on a grill rack or broiler pan coated with cooking spray. Cook for 4 minutes on each side or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:16.73217404407%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 204.72kcal (10.24%), Fat: 6.65g (10.23%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.71g (0.79%), Cholesterol: 85.05mg (28.35%), Sodium: 291.56mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Selenium: 72.93µg (104.19%), Vitamin B12:

2.69µg (44.79%), Vitamin D: 5.27µg (35.15%), Vitamin B3: 6.75mg (33.74%), Phosphorus: 299.72mg (29.97%), Potassium: 570.54mg (16.3%), Vitamin B6: 0.3mg (15.15%), Magnesium: 51.8mg (12.95%), Folate: 50.14µg (12.54%), Vitamin C: 9.48mg (11.5%), Vitamin B5: 0.89mg (8.85%), Manganese: 0.16mg (8.2%), Vitamin E: 1.23mg (8.18%), Iron: 1.35mg (7.49%), Vitamin B2: 0.13mg (7.38%), Copper: 0.14mg (7.17%), Vitamin A: 307.5IU (6.15%), Vitamin B1: 0.09mg (5.78%), Vitamin K: 4.78µg (4.55%), Zinc: 0.65mg (4.31%), Calcium: 31.26mg (3.13%), Fiber: 0.39g (1.56%)