



HEALTH SCORE

65%

Olive Oil-Poached Black Cod with Lemons, Capers, and Thyme



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers dry
- ☐ 1 garlic clove minced
- ☐ 1.5 pound pacific halibut filets black thick
- ☐ 2 optional: lemon very thinly sliced
- ☐ 2 cups olive oil
- ☐ 5 thyme sprigs fresh

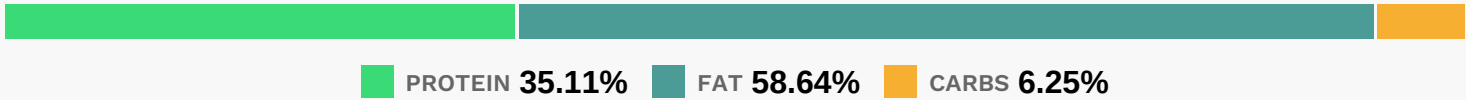
Equipment

- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 25
- ☐ Place fish in bottom of a 2-inch-high baking dish, large enough to hold fish. Top with lemons and next 3 ingredients.
- ☐ Pour oil to cover over fish.
- ☐ Bake 30 minutes or until fish is opaque and cooked through.
- ☐ Remove fillet with a slotted spoon; cut into portions.
- ☐ Tip: The flavor of the olive oil won't stand out in this recipe, so skip the extra virgin and go for a basic one.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:21.915652181791%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg, Kaempferol: 5.27mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 364.69kcal (18.23%), Fat: 24.08g (37.05%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 3.95g (1.44%), Sugar: 1.37g (1.53%), Cholesterol: 83.35mg (27.78%), Sodium: 228.18mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.44g (64.89%), Selenium: 77.93µg (111.34%), Vitamin B3: 11.18mg (55.91%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.99mg (49.5%), Phosphorus: 412.94mg (41.29%), Vitamin C: 31.03mg (37.61%), Vitamin B12: 1.87µg (31.18%), Vitamin E: 4.26mg (28.43%), Potassium: 826.88mg (23.63%), Vitamin K: 14µg (13.33%), Magnesium: 46.95mg (11.74%), Fiber: 1.83g (7.32%), Vitamin B1: 0.11mg (7.3%), Vitamin B5:

0.7mg (6.97%), Folate: 27.86µg (6.96%), Iron: 1.01mg (5.64%), Zinc: 0.69mg (4.59%), Vitamin B2: 0.07mg (4.36%),
Copper: 0.08mg (4.16%), Vitamin A: 190.82IU (3.82%), Manganese: 0.07mg (3.6%), Calcium: 34.18mg (3.42%)