



One-pot fish with black olives & tomatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g olives black in oil
- ☐ 1 large onion roughly chopped
- ☐ 400 g canned tomatoes chopped canned
- ☐ 4 servings parsley chopped
- ☐ 4 servings lemon wedges
- ☐ 6 oz fish fillet boneless white

Equipment

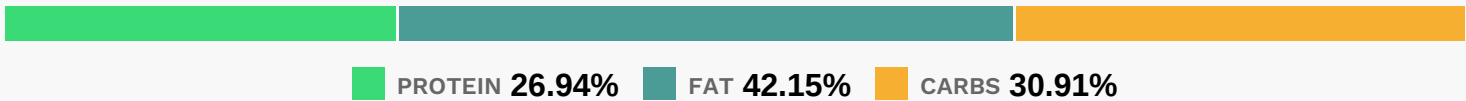
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to fan 180C/conventional 200C/gas
- ☐ Heat 1 tbsp of the oil from the olives in an ovenproof pan. Tip in the onion and stir well, leave to cook for a minute or two and then give it another good stir.
- ☐ Add the tomatoes and some salt and pepper. Bring to the boil, then add the olives.
- ☐ Put the fish, skin side down, onto the sauce and drizzle over a splash more oil from the olive jar.
- ☐ Bake, uncovered, for 15 minutes until the fish is cooked.
- ☐ Sprinkle with chopped parsley and serve straight from the pan, with lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:14.55913040949%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 152.99kcal (7.65%), Fat: 7.77g (11.95%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 8.68g (3.16%), Sugar: 6.29g (6.98%), Cholesterol: 21.26mg (7.09%), Sodium: 840.37mg (36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin K: 72.26µg (68.82%), Selenium: 18.96µg (27.09%), Vitamin C: 17.83mg (21.61%), Vitamin E: 3.13mg (20.84%), Fiber: 4.14g (16.56%), Vitamin B3: 3.08mg (15.41%), Potassium: 518.09mg (14.8%), Vitamin A: 724.87IU (14.5%), Copper: 0.29mg (14.42%), Vitamin B6: 0.28mg (14.09%), Manganese: 0.25mg (12.69%), Phosphorus: 119.4mg (11.94%), Iron: 2.09mg (11.58%), Vitamin B12: 0.67µg (11.2%), Magnesium: 42.12mg (10.53%), Folate: 37.83µg (9.46%), Vitamin D: 1.32µg (8.79%), Vitamin B1: 0.12mg

(8.18%), Calcium: 75.41mg (7.54%), Vitamin B2: 0.1mg (5.65%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.54mg (3.57%)