



Oven-Poached Fish in Olive Oil



Gluten Free



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup capers rinsed preferably in salt
- ☐ 24 ounce scrod fillets good halibut is a substitute
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 2 cups olive oil extra-virgin
- ☐ 1.5 teaspoons salt

Equipment

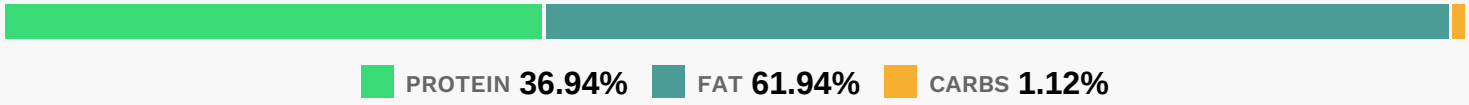
- ☐ oven

☐ glass baking pan

Directions

- ☐ Preheat oven to 250 degrees F.
- ☐ Pat the fish dry.
- ☐ Sprinkle the fish with 1 1/2 teaspoons salt and 1/2 teaspoon pepper and let stand 10 minutes at room temperature.
- ☐ Chop half of the capers and mix with the unchopped capers. Arrange half of lemon slices in 1 layer in an 8-inch square glass baking dish and arrange fish fillets in a single layer over the lemon slices. Top with all of capers, remaining lemon slices, and 3 tablespoons parsley, then pour oil over fish.
- ☐ Bake in middle of oven, uncovered, until fish just flakes and is cooked through, about 1 to 1 1/4 hours.
- ☐ Serve fish with some of lemon slices, capers, and oil spooned over.
- ☐ Sprinkle with remaining tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:17.303478323895%

Flavonoids

Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg, Kaempferol: 14.42mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 18.88mg, Quercetin: 18.88mg, Quercetin: 18.88mg

Nutrients (% of daily need)

Calories: 334.92kcal (16.75%), Fat: 22.87g (35.19%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 0.93g (0.31%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.08g (0.09%), Cholesterol: 73.14mg (24.38%), Sodium: 1269.35mg (55.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.38%), Selenium: 56.45µg (80.65%), Vitamin K: 77.77µg (74.07%), Phosphorus: 348.96mg (34.9%), Vitamin E: 4.33mg (28.84%), Vitamin B12: 1.55µg (25.8%), Vitamin B6: 0.42mg (21.17%), Potassium: 731.37mg (20.9%), Vitamin B3: 3.63mg (18.16%), Magnesium: 60.37mg (15.09%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.13mg (8.98%), Vitamin C: 7.16mg (8.68%), Vitamin A:

400.4IU (8.01%), Vitamin B2: 0.13mg (7.64%), Iron: 1.21mg (6.75%), Zinc: 0.85mg (5.64%), Folate: 20.16µg (5.04%), Copper: 0.1mg (4.91%), Calcium: 38.63mg (3.86%), Manganese: 0.07mg (3.71%), Vitamin B5: 0.28mg (2.82%), Fiber: 0.54g (2.15%)