



Oven-roasted Black Cod

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 2 tablespoons butter softened
- 2 teaspoons capers
- 2 servings garnish: chives fresh
- 12 ounce cod fillet black thick ()
- 1 pound fingerling potatoes halved
- 1 teaspoon chives fresh minced
- 2 garlic cloves minced

- 0.3 teaspoon coarsely ground pepper black
- 2 teaspoons juice of lemon fresh
- 2 teaspoons olive oil divided
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- paper towels
- oven
- plastic wrap
- microwave

Directions

- Preheat oven to 40
- Combine first 4 ingredients in a small bowl; set aside.
- Microwave potatoes in a large glass bowl covered with plastic wrap on HIGH 4 minutes.
- Drain potatoes, if necessary, and stir in garlic, salt, pepper, and 1 teaspoon olive oil. Set aside.
- Cook bacon in a large cast iron or ovenproof skillet over medium-high heat until crisp; remove bacon, and drain on paper towels, reserving 1 teaspoon drippings in skillet.
- Add remaining 1 teaspoon olive oil to skillet over medium-high heat; add cod fillet, and cook 1 minute on each side.
- Spoon reserved potatoes around cod; bake 3 minutes.
- Remove from oven, and spread reserved butter mixture over fish. Return to oven; bake 5 more minutes or just until fish flakes with a fork and is opaque in the center.
- Sprinkle with cooked bacon; garnish, if desired.
- Serve immediately.

Nutrition Facts



■ PROTEIN 25.59% ■ FAT 48.21% ■ CARBS 26.2%

Properties

Glycemic Index:142.88, Glycemic Load:29.33, Inflammation Score:-7, Nutrition Score:27.55130431963%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 640.44kcal (32.02%), Fat: 34.22g (52.65%), Saturated Fat: 13.9g (86.84%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 36.62g (13.32%), Sugar: 1.97g (2.19%), Cholesterol: 132.28mg (44.09%), Sodium: 833.56mg (36.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.88g (81.76%), Selenium: 66.45µg (94.93%), Vitamin B6: 1.25mg (62.3%), Vitamin C: 50.21mg (60.86%), Phosphorus: 547.75mg (54.77%), Potassium: 1773.64mg (50.68%), Vitamin B3: 7.73mg (38.63%), Vitamin B12: 1.79µg (29.86%), Vitamin B1: 0.44mg (29.46%), Magnesium: 114.93mg (28.73%), Manganese: 0.47mg (23.4%), Fiber: 5.23g (20.93%), Copper: 0.33mg (16.71%), Iron: 2.76mg (15.33%), Vitamin E: 2.23mg (14.9%), Vitamin B2: 0.23mg (13.68%), Zinc: 2.01mg (13.41%), Folate: 51.78µg (12.95%), Vitamin B5: 1.22mg (12.24%), Vitamin K: 12.01µg (11.44%), Vitamin D: 1.71µg (11.38%), Vitamin A: 508.71IU (10.17%), Calcium: 69.23mg (6.92%)