



Oven-Roasted Cod Crusted with Herbs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bread crumbs plain
- ☐ 4 servings coarse salt
- ☐ 24 ounce filets
- ☐ 1 handful flat-leaf parsley fresh
- ☐ 2 large cloves garlic
- ☐ 1 lemon zest
- ☐ 4 servings olive oil extra-virgin

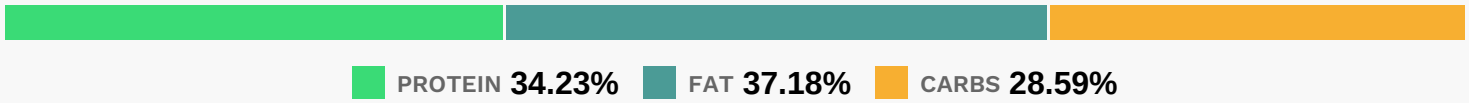
Equipment

- ☐ oven
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Place bread crumbs in a shallow dish. Pile parsley, garlic, lemon zest, and a little coarse salt on the cutting board. Finely chop the lemon-garlic mixture, then combine with plain bread crumbs.
- ☐ Brush the top of each fillet with olive oil and dip in to the bread crumb herb mixture.
- ☐ Brush a little bit of olive oil in the bottom of a baking pan then place fillet in the pan, crust side up. Roast fillets in oven until firm to the touch, about 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:20.53000002322%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 426.51kcal (21.33%), Fat: 17.31g (26.62%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 29.95g (9.98%), Net Carbohydrates: 27.91g (10.15%), Sugar: 2.6g (2.89%), Cholesterol: 73.14mg (24.38%), Sodium: 583.29mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Selenium: 66.73µg (95.33%), Phosphorus: 415.18mg (41.52%), Vitamin B1: 0.53mg (35.04%), Vitamin B3: 6.23mg (31.13%), Vitamin B12: 1.69µg (28.16%), Vitamin K: 27.7µg (26.38%), Vitamin B6: 0.49mg (24.39%), Potassium: 796.02mg (22.74%), Manganese: 0.42mg (21.24%), Vitamin E: 3.15mg (21%), Magnesium: 72.95mg (18.24%), Vitamin B2: 0.28mg (16.33%), Iron: 2.78mg (15.46%), Folate: 57µg (14.25%), Calcium: 107.7mg (10.77%), Vitamin D: 1.53µg (10.21%), Zinc: 1.38mg (9.23%), Fiber: 2.05g (8.18%), Copper: 0.16mg (7.92%), Vitamin C: 5.43mg (6.59%), Vitamin B5: 0.5mg (5.02%), Vitamin A:

153.16IU (3.06%)