



HEALTH SCORE

58%

Pan-fried white fish with polenta & orange crust

READY IN



20 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp flour plain
- ☐ 4 tbsp polenta fine
- ☐ 0.5 orange zest grated
- ☐ 1 tbsp thyme leaves
- ☐ 560 g fish fillet white
- ☐ 1 eggs beaten
- ☐ 25 g butter
- ☐ 2 tbsp olive oil

☐ 500 g baby spinach

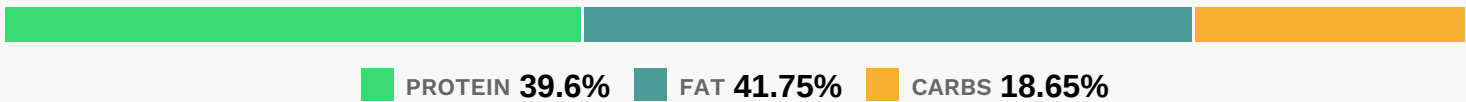
Equipment

☐ frying pan

Directions

- ☐ Mix the flour, polenta, orange zest and thyme leaves together with some seasoning. Dip the fillets in the beaten egg then roll in the polenta mix to coat. The fish can now be chilled for a few hours before you're ready to cook.
- ☐ Heat the butter and olive oil in a large frying pan until foaming, add the fillets and lower the heat. Cook for 3 mins on each side. Meanwhile, wilt the spinach in a large pan, drain off the excess water, season and divide between 4 plates.
- ☐ Serve with the fish fillet on top.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:37.720869437508%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 339.55kcal (16.98%), Fat: 16.17g (24.88%), Saturated Fat: 5.45g (34.06%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 12.83g (4.67%), Sugar: 0.64g (0.72%), Cholesterol: 124.36mg (41.45%), Sodium: 227.88mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.03%), Vitamin K: 610.44µg (581.37%), Vitamin A: 12047.68IU (240.95%), Selenium: 66.2µg (94.57%), Folate: 290.06µg (72.51%), Manganese: 1.24mg (62.12%), Vitamin C: 39.97mg (48.44%), Vitamin B12: 2.32µg (38.68%), Magnesium: 144.65mg (36.16%), Vitamin B3: 6.77mg (33.83%), Phosphorus: 336.05mg (33.6%), Potassium: 1168.6mg (33.39%), Vitamin D: 4.56µg (30.4%), Vitamin E: 4.37mg (29.15%), Iron: 5mg (27.75%), Vitamin B6: 0.51mg (25.73%), Vitamin B2: 0.41mg (24.06%), Calcium: 155.74mg (15.57%), Copper: 0.3mg (14.97%), Fiber: 3.42g (13.66%), Vitamin B1: 0.2mg (13.65%), Vitamin B5: 1.02mg (10.18%), Zinc: 1.37mg (9.16%)