



Pancetta-wrapped fish with lemony potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



468 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g baby potatoes
- ☐ 100 g green beans
- ☐ 1 small handful kalamata olives black
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil
- ☐ 2 fish fillet white
- ☐ 4 slices bacon smoked thinly sliced
- ☐ 9 servings tarragon leaves picked

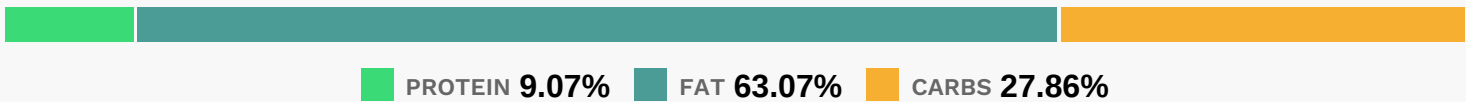
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the potatoes in a pan of water and boil for 10–12 mins until tender.
- ☐ Add the beans for the final 2–3 mins.
- ☐ Drain well and slice the potatoes in half. Tip into a roomy baking dish and toss with the olives, lemon zest and oil. Season well.
- ☐ Season the fish and wrap with the pancetta or bacon.
- ☐ Place on top of the potatoes.
- ☐ Bake for 10–12 mins until cooked through, then add a squeeze of lemon juice and scatter with tarragon before serving.

Nutrition Facts



Properties

Glycemic Index:99.88, Glycemic Load:21.51, Inflammation Score:-7, Nutrition Score:18.09913057348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 468.39kcal (23.42%), Fat: 33.59g (51.68%), Saturated Fat: 8.14g (50.88%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 27.75g (10.09%), Sugar: 2.98g (3.31%), Cholesterol: 29.54mg (9.85%), Sodium: 463.05mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin C: 41.77mg (50.63%), Vitamin

B6: 0.75mg (37.42%), Manganese: 0.7mg (35.06%), Vitamin K: 32.93µg (31.36%), Potassium: 972.18mg (27.78%), Fiber: 5.63g (22.52%), Vitamin B3: 4.2mg (20.98%), Vitamin B1: 0.3mg (19.87%), Iron: 3.48mg (19.31%), Vitamin E: 2.82mg (18.78%), Phosphorus: 184.4mg (18.44%), Magnesium: 69.71mg (17.43%), Selenium: 10.32µg (14.74%), Folate: 53.76µg (13.44%), Copper: 0.26mg (13.05%), Vitamin A: 594.08IU (11.88%), Vitamin B2: 0.2mg (11.74%), Calcium: 99.42mg (9.94%), Zinc: 1.26mg (8.43%), Vitamin B5: 0.82mg (8.17%), Vitamin B12: 0.24µg (3.93%), Vitamin D: 0.21µg (1.38%)