



Pesto & olive-crusted fish

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp basil pesto green
- ☐ 1 lemon zest finely grated
- ☐ 10 olive green pitted roughly chopped
- ☐ 85 g breadcrumbs fresh
- ☐ 4 fillet fish fillet white such as cod or haddock

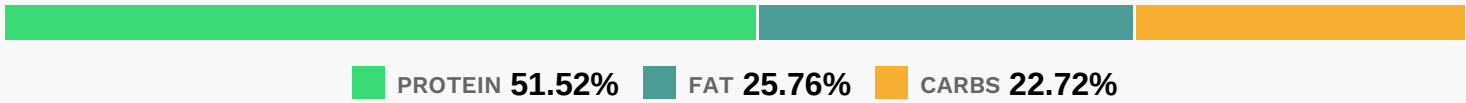
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Mix the pesto, lemon zest and olives together, then stir in the breadcrumbs.
- ☐ Lay the fish fillets on a baking tray, skinside down, then press the crumbs over the surface of each piece.
- ☐ Bake in the oven for 10–12 mins until the fish is cooked through and the crust is crisp and brown.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:18.520434617996%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 291.37kcal (14.57%), Fat: 8.33g (12.81%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 14.95g (5.44%), Sugar: 1.67g (1.86%), Cholesterol: 85.6mg (28.53%), Sodium: 470.17mg (20.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.92%), Selenium: 76.52µg (109.31%), Vitamin B12: 2.76µg (46.01%), Vitamin B3: 8.07mg (40.37%), Vitamin D: 5.27µg (35.13%), Phosphorus: 324.64mg (32.46%), Vitamin B1: 0.28mg (18.55%), Potassium: 561.65mg (16.05%), Folate: 64.03µg (16.01%), Vitamin B6: 0.31mg (15.34%), Magnesium: 56.36mg (14.09%), Manganese: 0.26mg (12.91%), Iron: 2.08mg (11.57%), Vitamin B2: 0.19mg (11.45%), Copper: 0.2mg (9.75%), Vitamin B5: 0.95mg (9.52%), Calcium: 75.17mg (7.52%), Vitamin E: 1.08mg (7.21%), Fiber: 1.57g (6.26%), Zinc: 0.88mg (5.85%), Vitamin A: 191.25IU (3.83%), Vitamin K: 3.92µg (3.74%), Vitamin C: 1.93mg (2.35%)