



## Provençal Cod Steaks with Wilted Lettuce and Tomato

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 36 ounce filets
- 3 garlic cloves minced
- 1 optional: lemon
- 0.3 cup olive oil extra-virgin
- 2 cups onion coarsely chopped
- 3 tablespoons red wine vinegar

- 12 ounce romaine lettuce trimmed
- 1 teaspoon salt divided
- 2 pounds tomatoes peeled seeded chopped
- 3 tablespoons water

## Equipment

- frying pan
- oven
- knife
- casserole dish

## Directions

- Place fillets in a shallow dish.
- Combine vinegar and 3 tablespoons water; drizzle over fillets. Cover and refrigerate 30 minutes.
- Carefully cut rind and white pithy part from lemon using a small knife.
- Cut lemon crosswise into thin slices; discard seeds. Reserve 6 whole lettuce leaves; coarsely shred remaining lettuce.
- Preheat oven to 32
- Layer about 2 cups shredded lettuce, 1 1/2 cups tomato, 1 cup onion, 1 1/2 teaspoons garlic, and half of the lemon slices in a 13 x 9inch casserole dish coated with cooking spray.
- Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Place fillets on top of vegetable mixture.
- Sprinkle fish evenly with 1/2 teaspoon salt and 1/4 teaspoon pepper. Repeat layers with remaining chopped lettuce, tomato, onion, garlic, and lemon slices.
- Sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Top with reserved whole lettuce leaves; drizzle with oil.
- Bake at 325 for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Remove whole lettuce leaves and fillets from pan; keep warm. Return vegetables to oven.

Bake an additional 20 minutes or until vegetables are tender.

Place 1 whole lettuce leaf on each of 6 plates; top each serving with 1 fillet. Spoon about 1 cup vegetable mixture over each fillet.

## Nutrition Facts

**PROTEIN 45.89%** **FAT 33.35%** **CARBS 20.76%**

### Properties

Glycemic Index:25.42, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:28.676956363346%

### Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg, Quercetin: 13.18mg

### Nutrients (% of daily need)

Calories: 286.53kcal (14.33%), Fat: 10.73g (16.51%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 10.54g (3.83%), Sugar: 7.38g (8.2%), Cholesterol: 73.14mg (24.38%), Sodium: 495.46mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Vitamin A: 6272.07IU (125.44%), Selenium: 57.09µg (81.56%), Vitamin K: 76.16µg (72.53%), Vitamin C: 38.68mg (46.88%), Phosphorus: 420.1mg (42.01%), Potassium: 1314.92mg (37.57%), Vitamin B6: 0.68mg (33.86%), Folate: 123.88µg (30.97%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 4.68mg (23.38%), Vitamin E: 3.32mg (22.1%), Magnesium: 86.82mg (21.7%), Manganese: 0.41mg (20.54%), Fiber: 4.49g (17.96%), Vitamin B1: 0.26mg (17.4%), Vitamin B2: 0.2mg (11.6%), Iron: 1.95mg (10.85%), Vitamin D: 1.53µg (10.21%), Copper: 0.2mg (10.02%), Zinc: 1.28mg (8.52%), Calcium: 82.45mg (8.25%), Vitamin B5: 0.59mg (5.86%)