






 **69%**  
HEALTH SCORE

# Roast Cod with Crisp Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN  
  
**10 min.**

SERVINGS  
  
**6**

CALORIES  
  
**376 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 0.5 teaspoon pepper black
- 36 ounce filets skinless
- 1 teaspoon kosher salt
- 3 pounds new potatoes halved cut into 1 1/2-inch chunks (peel first, if desired) (if small)
- 3 tablespoons olive oil

## Equipment

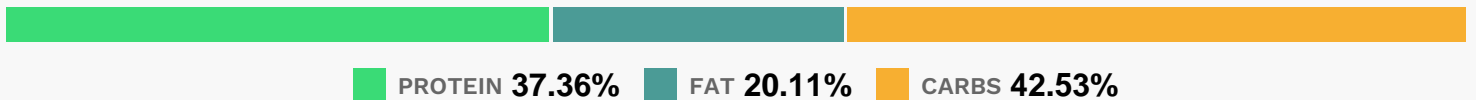
- frying pan
- baking sheet

- paper towels
- oven
- roasting pan

## Directions

- Heat oven to 450 F.
- Place the potatoes in a roasting pan or on a baking sheet.
- Drizzle with 3 tablespoons of the oil and toss to coat.
- Sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Roast for 20 minutes. Stir and roast for 10 minutes more. Meanwhile, rinse the cod fillets and pat them dry with paper towels. After the 30 minutes of roasting, move the potatoes to the sides of the pan and place the fillets in the center.
- Serve this roasted version of fish and chips with ketchup for the kids and malt vinegar for the adults.

## Nutrition Facts



## Properties

Glycemic Index:19.29, Glycemic Load:29.02, Inflammation Score:-6, Nutrition Score:23.459999861925%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 376.41kcal (18.82%), Fat: 8.35g (12.84%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 34.7g (12.62%), Sugar: 1.77g (1.97%), Cholesterol: 73.14mg (24.38%), Sodium: 493.21mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.79%), Selenium: 56.99µg (81.42%), Vitamin C: 46.38mg (56.22%), Vitamin B6: 1.09mg (54.31%), Phosphorus: 474.83mg (47.48%), Potassium: 1659.68mg (47.42%), Vitamin B3: 5.9mg (29.51%), Magnesium: 106.89mg (26.72%), Vitamin B12: 1.55µg (25.8%), Vitamin B1: 0.31mg (20.73%), Fiber: 5.03g (20.13%), Manganese: 0.39mg (19.74%), Copper: 0.3mg (14.75%), Vitamin E: 2.12mg (14.14%), Iron: 2.47mg (13.74%), Folate: 48.22µg (12.06%), Vitamin B2: 0.18mg (10.79%), Vitamin D: 1.53µg (10.21%), Zinc: 1.43mg (9.51%), Vitamin B5: 0.93mg (9.34%), Vitamin K: 8.97µg (8.54%), Calcium: 55.48mg (5.55%), Vitamin A:

73.49IU (1.47%)