



Roasted Pacific Cod with Olives and Lemon



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cooking wine dry white (such as Sauvignon Blanc)
- ☐ 2 pounds some other fish fillets white (such as halibut)
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 servings kosher salt and pepper
- ☐ 1 lemon zest cut into strips
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup olives mixed
- ☐ 0.3 teaspoon pepper flakes red

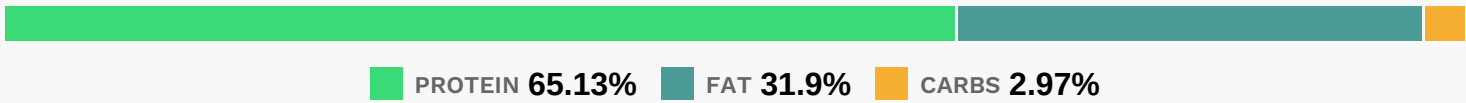
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 400 F.
- ☐ Place the fish in a small roasting pan.
- ☐ Add enough wine (about 3/4 cup) to reach halfway up the sides of the fish. Scatter the olives and lemon zest around the fish.
- ☐ Drizzle with the oil and season with 1/2 teaspoon salt, 1/4 teaspoon pepper, and the red pepper. Roast until the fish is cooked through and flakes easily with a fork, about 20 minutes.
- ☐ Remove from oven and sprinkle with the parsley. Divide the fish among individual plates and spoon the olives and wine sauce over the top.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:22.597826242447%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 311.38kcal (15.57%), Fat: 9.99g (15.37%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.19g (0.22%), Cholesterol: 113.4mg (37.8%), Sodium: 579.28mg (25.19%), Alcohol: 4.65g (100%), Alcohol %: 1.98% (100%), Protein: 45.9g (91.79%), Selenium: 94.99µg (135.7%), Vitamin K: 67.15µg (63.95%), Vitamin B12: 3.58µg (59.72%), Vitamin D: 7.03µg (46.87%), Vitamin B3: 8.96mg (44.81%), Phosphorus: 388.96mg (38.9%), Potassium: 717.7mg (20.51%), Vitamin B6: 0.38mg (19.06%), Magnesium: 65.38mg (16.35%), Folate: 60.87µg (15.22%), Vitamin E: 2.13mg (14.22%), Vitamin B5: 1.13mg (11.29%), Copper: 0.2mg (9.94%), Iron: 1.64mg (9.11%), Vitamin B2: 0.15mg (8.83%), Vitamin A: 420.03IU (8.4%), Vitamin C: 6.92mg (8.39%), Vitamin

B1: 0.1mg (6.73%), Zinc: 0.8mg (5.37%), Manganese: 0.09mg (4.63%), Calcium: 39.21mg (3.92%), Fiber: 0.88g (3.53%)