



Sauteed Black Cod with Shallot-Lemon Vinaigrette and Fresh Herb Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce filets black with skin
- ☐ 6 cups ice fresh italian assorted (such as parsley, basil, and dill)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest packed grated ()
- ☐ 1 tablespoon olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup shallots minced

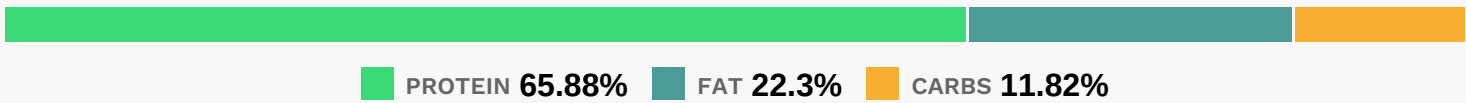
☐ 1 tablespoon sherry vinegar

Equipment

Directions

- ☐ Cook fish until just opaque in center, about 4 minutes per side. Arrange fish on plates. Spoon 1 tablespoon vinaigrette over each. Toss salad with remaining vinaigrette.
- ☐ Serve salad with fish.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:15.932608625163%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 194.87kcal (9.74%), Fat: 4.72g (7.25%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.86g (1.77%), Sugar: 1.78g (1.98%), Cholesterol: 73.14mg (24.38%), Sodium: 290.99mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.34g (62.68%), Selenium: 56.9µg (81.29%), Phosphorus: 382.4mg (38.24%), Vitamin C: 21.35mg (25.88%), Vitamin B12: 1.55µg (25.8%), Potassium: 864.85mg (24.71%), Vitamin B6: 0.49mg (24.5%), Vitamin A: 1033.54IU (20.67%), Vitamin B3: 3.9mg (19.5%), Magnesium: 71.21mg (17.8%), Folate: 49.45µg (12.36%), Vitamin B1: 0.16mg (10.95%), Vitamin E: 1.61mg (10.76%), Vitamin D: 1.53µg (10.21%), Vitamin B2: 0.15mg (9.03%), Iron: 1.28mg (7.12%), Zinc: 0.85mg (5.68%), Calcium: 55.99mg (5.6%), Manganese: 0.09mg (4.31%), Copper: 0.07mg (3.38%), Vitamin B5: 0.33mg (3.3%), Fiber: 0.76g (3.04%), Vitamin K: 2.43µg (2.32%)