



Skillet Cod with White Bean Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olives black pitted sliced
- 31 oz cannellini beans rinsed canned
- 1.5 lb filets fresh
- 0.3 cup parsley fresh chopped
- 1 large clove garlic minced
- 4 green onions thinly sliced
- 3 hard-cooked eggs cut into wedges
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft

- 1 tsp paprika smoked
- 1 large tomatoes seeded chopped

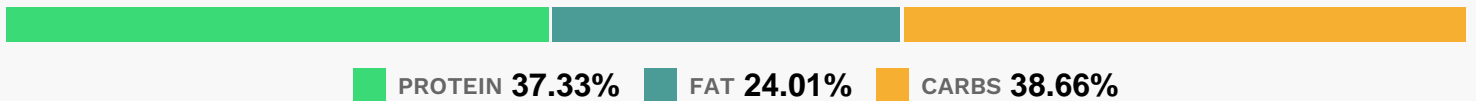
Equipment

- bowl
- frying pan

Directions

- Mix 1/4 cup dressing and paprika; pour over fish in shallow dish. Turn fish to evenly coat both sides of each fillet. Refrigerate 30 min. to marinate.
- Meanwhile, combine all remaining ingredients except olives and eggs in large bowl.
- Remove fish from marinade; discard marinade. Cook fish in large skillet on medium-high heat 4 to 5 min. on each side or until fish flakes easily with fork.
- Serve over bean salad; top with olives and eggs.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:25.907391299372%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 372.63kcal (18.63%), Fat: 9.98g (15.35%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 27.81g (10.11%), Sugar: 3.5g (3.89%), Cholesterol: 142.01mg (47.34%), Sodium: 472.56mg (20.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.8%), Selenium: 51.88µg (74.11%), Vitamin K: 71.55µg (68.14%), Phosphorus: 489.29mg (48.93%), Folate: 151.57µg (37.89%), Manganese: 0.69mg (34.61%), Fiber: 8.33g (33.32%), Potassium: 1152.55mg (32.93%), Magnesium: 122.61mg (30.65%), Vitamin B6: 0.52mg (26.2%), Vitamin B1: 0.34mg (22.55%), Vitamin B12: 1.31µg (21.82%), Iron: 3.57mg (19.82%), Vitamin A: 933.88IU (18.68%),

Vitamin B2: 0.31mg (18.23%), Vitamin B3: 3.37mg (16.87%), Copper: 0.32mg (15.94%), Vitamin C: 12.26mg (14.86%),
Vitamin E: 2.16mg (14.43%), Calcium: 130.58mg (13.06%), Zinc: 1.87mg (12.49%), Vitamin D: 1.57µg (10.47%), Vitamin
B5: 0.99mg (9.87%)