



Steamed Fish with Chard and Potato Hash



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet filets
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup chicken stock low sodium homemade store-bought
- ☐ 2.5 tablespoons olive oil
- ☐ 0.5 cup parsley roughly chopped
- ☐ 1 pinch pepper dried red
- ☐ 4 medium baking potatoes cut into 1/2-inch cubes (3 cups)

- ☐ 1 bunch swiss chard roughly chopped cut into 1-inch ribbons (4 cups, leaves and stems kept separate)
- ☐ 1 cup onion yellow roughly chopped

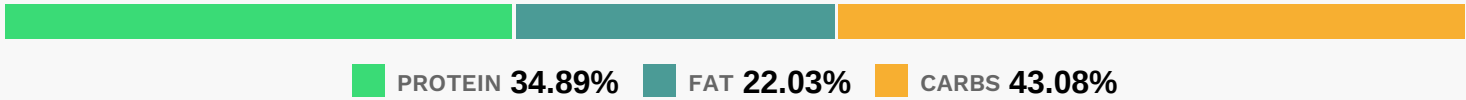
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat until shimmering.
- ☐ Add the potatoes, season with salt and pepper, and stir, making sure nothing sticks to the bottom of the pan, until they begin to color, 3 to 4 minutes.
- ☐ Add the onions, chard stems, and red chile flakes, and season with salt and pepper. If onions or chard begin to stick, add two tablespoons of chicken stock and continue cooking. Cook until the onions have softened, about 3 minutes longer.
- ☐ Add the remaining stock and fold in the chard leaves until slightly wilted, stirring to combine.
- ☐ Season fish with salt and pepper. Lower the heat to medium and carefully place the fish fillets on top of the hash, cover, and cook until the fish has cooked through and flakes with pulled with a fork, 3 to 5 minutes.
- ☐ Sprinkle with lemon juice and parsley.
- ☐ Transfer to serving plates and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:31.7, Inflammation Score:-10, Nutrition Score:37.299564900606%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg 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 Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.72mg, Kaempferol:

4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

Nutrients (% of daily need)

Calories: 427.02kcal (21.35%), Fat: 10.6g (16.31%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 41.68g (15.16%), Sugar: 4.15g (4.62%), Cholesterol: 73.1mg (24.37%), Sodium: 281.95mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.77g (75.55%), Vitamin K: 755.12µg (719.16%), Vitamin A: 5298.14IU (105.96%), Selenium: 58.02µg (82.89%), Vitamin B6: 1.29mg (64.45%), Vitamin C: 52.18mg (63.25%), Potassium: 2022.19mg (57.78%), Phosphorus: 526.81mg (52.68%), Magnesium: 172.99mg (43.25%), Manganese: 0.71mg (35.6%), Vitamin B3: 6.77mg (33.87%), Vitamin B12: 1.59µg (26.52%), Vitamin E: 3.87mg (25.82%), Iron: 4.54mg (25.22%), Vitamin B1: 0.36mg (24.05%), Copper: 0.45mg (22.67%), Fiber: 4.95g (19.81%), Folate: 72.74µg (18.19%), Vitamin B2: 0.28mg (16.54%), Zinc: 1.85mg (12.34%), Calcium: 115.52mg (11.55%), Vitamin B5: 1.12mg (11.21%), Vitamin D: 1.53µg (10.2%)