



White fish with spicy beans and chorizo



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tbsp olive oil



1 onion chopped



1 small rosemary sprig finely chopped



25 g chorizo chopped



2 fat garlic cloves crushed



700 g oz bottle passata



410 g cannellini bean in water drained canned



200 g cabbage shredded green

- ☐ 1 pinch sugar
- ☐ 4 fillet chunky haddock skinless

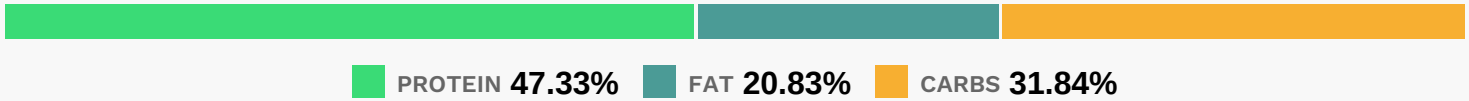
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan, then soften the onion for 5 mins.
- ☐ Add the rosemary, chorizo and garlic, then fry for 2 mins more until the chorizo is starting to crisp. Tip in the passata, beans, cabbage and sugar, season, then simmer for 5 mins.
- ☐ Add the fish to the pan, leaving the tops of the fillets peeking out of the sauce, then cover with a lid and leave to cook for 3–5 mins or until the flesh flakes easily. Delicious served with crusty bread.

Nutrition Facts



Properties

Glycemic Index:74.02, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:27.622174014216%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg

Nutrients (% of daily need)

Calories: 269.02kcal (13.45%), Fat: 6.38g (9.82%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 21.94g (7.32%), Net Carbohydrates: 16.86g (6.13%), Sugar: 11.48g (12.76%), Cholesterol: 96.3mg (32.1%), Sodium: 466.42mg (20.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.23%), Selenium: 45.76µg (65.37%), Vitamin B12: 3.16µg (52.74%), Phosphorus: 487.63mg (48.76%), Vitamin C: 39.41mg (47.77%), Vitamin K: 46.39µg (44.18%), Vitamin B3: 8.74mg (43.68%), Vitamin B6: 0.83mg (41.57%), Potassium: 1401.39mg (40.04%), Vitamin E: 4.81mg (32.07%), Copper: 0.58mg (29.17%), Manganese: 0.46mg (22.79%), Magnesium: 87.03mg (21.76%), Iron: 3.82mg (21.21%), Vitamin A: 1044.55IU (20.89%), Fiber: 5.08g (20.34%), Folate: 66.56µg (16.64%), Vitamin B5: 1.65mg

(16.46%), Vitamin B2: 0.27mg (16.1%), Zinc: 1.47mg (9.83%), Vitamin B1: 0.14mg (9.41%), Calcium: 83.24mg (8.32%),
Vitamin D: 0.93µg (6.21%)