

Whiting in a bag



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 680 g cod
- ☐ 25 g butter
- ☐ 2 tbsp optional: dill chopped
- ☐ 1 optional: lemon thinly sliced

Equipment

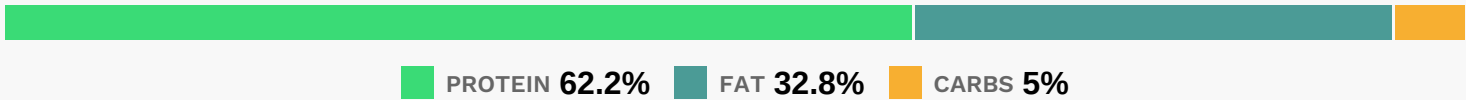
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

☐ skewers

Directions

- ☐ Heat oven to 220C/fan 190C/gas
- ☐ Cut out 2 x 40cm diameter circles of baking parchment. Fold each piece in half to form a crease. Slash the fish 3–4 times on each side to the bone set aside.
- ☐ Melt the butter in a saucepan; add the dill and season. Put each fish on one half of the paper circles and tuck the lemon around.
- ☐ Drizzle the flavoured butter over the top and wrap each to form a parcel.
- ☐ Put on baking sheets and bake for 12 mins. To see if cooked, insert a skewer through the paper into the fish, leave for 15 secs, then feel if the tip is hot.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:25.567391110503%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 411.46kcal (20.57%), Fat: 14.76g (22.7%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.55g (1.29%), Sugar: 1.36g (1.51%), Cholesterol: 254.68mg (84.89%), Sodium: 326.5mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.97g (125.94%), Selenium: 109.48µg (156.4%), Vitamin B12: 7.84µg (130.69%), Phosphorus: 766.7mg (76.67%), Vitamin C: 28.96mg (35.1%), Vitamin D: 4.76µg (31.73%), Vitamin B6: 0.57mg (28.74%), Potassium: 927.07mg (26.49%), Vitamin B3: 4.49mg (22.43%), Zinc: 3.04mg (20.26%), Magnesium: 76.19mg (19.05%), Manganese: 0.37mg (18.74%), Calcium: 181.07mg (18.11%), Vitamin B1: 0.21mg (14.19%), Vitamin A: 695.13IU (13.9%), Folate: 51.12µg (12.78%), Vitamin B2: 0.17mg (10.15%), Vitamin E: 1.39mg (9.27%), Vitamin B5: 0.85mg (8.52%), Iron: 1.51mg (8.38%), Copper: 0.13mg (6.3%), Fiber: 1.52g (6.08%), Vitamin K: 1.22µg (1.16%)