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Lemon and Thyme Cod ·♦

Lemon and Thyme Cod is a delicious and healthy recipe that features fresh cod fillets marinated in lemon juice and thyme. It is a light and flavorful dish that is perfect for any occasion. The cod is tender and flaky, and the lemon and thyme add a bright and aromatic flavor. This recipe is easy to make and can be enjoyed by both fish lovers and those who are new to seafood.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Cod Fillets
4 tbsp	Lemon juice
2 tsp	fresh thyme leaves
2 tbsp	olive oil

1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

In a small bowl, mix together the lemon juice, olive oil, thyme leaves, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the cod fillets in a shallow dish and pour the marinade over them. Make sure the fillets are completely covered in the marinade. Let them marinate for at least 15 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Baking

Place the marinated cod fillets on a baking sheet lined with parchment paper. Bake for 12-15 minutes, or until the fish is opaque and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Serving

Serve the Lemon and Thyme Cod hot with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 30 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	6 mg	54.55%	75%
Selenium	45 mcg	81.82%	81.82%

Recipe Attributes

Seasonality

Summer

Events

Christmas

Picnic

Cuisines

Italian

Mexican

Japanese

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

High Iron

Kitchen Tools

Blender

Oven

Microwave

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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