



Black Cod with Chanterelle Ragout

READY IN



45 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large filets black with skin (2 pounds)
- ☐ 2 tablespoons unseasoned breadcrumbs dry
- ☐ 1 pound chanterelles fresh cleaned cut into 1/3-inch-thick slices
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 large garlic cloves finely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 2 tablespoons parmesan cheese freshly grated

- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 3 tablespoons butter unsalted

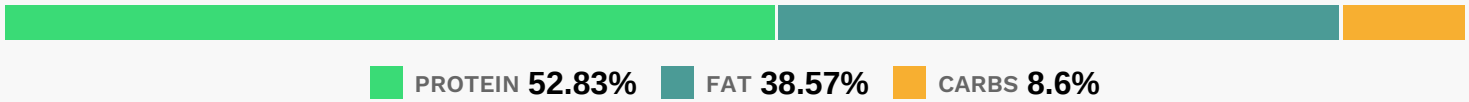
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Melt butter with 2tablespoons oil in large skillet over medium-highheat.
- ☐ Add mushrooms and sauté untilbeginning to color. Stir in garlic and parsley.
- ☐ Add wine; simmer until almost evaporated,scraping up browned bits in skillet, about 1minute.
- ☐ Remove from heat. Stir in lemon peeland lemon juice. Season with salt and pepper.
- ☐ Brush 13x9x2-inch glass baking dish with1 tablespoon oil.
- ☐ Place cod, skin side down,in baking dish.
- ☐ Sprinkle with salt and pepper.Cover with mushroom mixture.
- ☐ Sprinklewith breadcrumbs and Parmesan; drizzle withremaining 1 tablespoon oil.
- ☐ Bake until fish isopaque in center, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:29.073913304702%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg
Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin:

0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 442.76kcal (22.14%), Fat: 18.1g (27.84%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.29g (1.44%), Cholesterol: 145.5mg (48.5%), Sodium: 225.76mg (9.82%), Alcohol: 1.37g (100%), Alcohol %: 0.42% (100%), Protein: 55.77g (111.55%), Selenium: 102.76µg (146.8%), Phosphorus: 676.85mg (67.69%), Vitamin B3: 9.57mg (47.83%), Potassium: 1665.63mg (47.59%), Vitamin B12: 2.78µg (46.27%), Vitamin K: 47.74µg (45.47%), Vitamin D: 6.82µg (45.47%), Vitamin B6: 0.81mg (40.43%), Magnesium: 111.17mg (27.79%), Iron: 4.21mg (23.41%), Vitamin E: 3.46mg (23.07%), Vitamin B2: 0.39mg (22.71%), Vitamin B1: 0.28mg (18.64%), Copper: 0.37mg (18.59%), Manganese: 0.35mg (17.33%), Zinc: 2.08mg (13.87%), Vitamin B5: 1.33mg (13.33%), Fiber: 3.19g (12.74%), Vitamin A: 520.34IU (10.41%), Vitamin C: 7.7mg (9.34%), Calcium: 90.71mg (9.07%), Folate: 30.59µg (7.65%)