

 92%
HEALTH SCORE

Caribbean Codfish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp coriander fresh
- ☐ 3 garlic cloves crushed peeled
- ☐ 3 tbsp olive oil
- ☐ 1 onion peeled chopped
- ☐ 1.3 lb rice
- ☐ 1.3 lb cod
- ☐ 2 tomatoes chopped
- ☐ 4 cups approx water

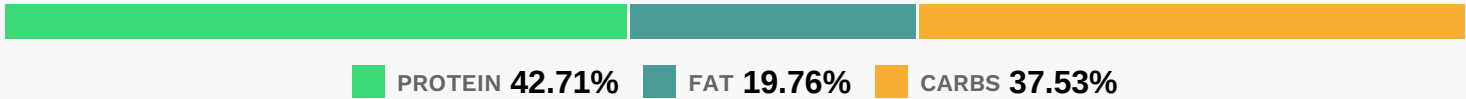
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Soak the fish in enough water to cover for at least three hours.
- ☐ Pour out water and rinse the fish one additional time.In large sauté pan or saucepan, sauté onions, tomatoes and garlic in oil until onions are soft – this should take about five minutes.
- ☐ Add the fish, cut up into 2.5cm pieces and cook for 5 minutes more.
- ☐ Add rice or quinoa, dried coriander and water. Stir gently so that the contents are evenly distributed.Reduce heat to low and cover the pan.Cook for about 20 minutes or until liquid is absorbed – add extra if you need to.Adjust the seasoning to taste and, if you are using fresh coriander, chop it and stir it in before serving.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:45.87043509276%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 700.64kcal (35.03%), Fat: 15.08g (23.21%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 56.98g (20.72%), Sugar: 1.87g (2.08%), Cholesterol: 143.64mg (47.88%), Sodium: 6659.06mg (289.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.35g (146.69%), Selenium: 148.2µg (211.71%), Vitamin B12: 9.45µg (157.5%), Phosphorus: 1347.08mg (134.71%), Manganese: 2.06mg (103.21%), Magnesium: 320.16mg (80.04%), Vitamin B6: 1.35mg (67.51%), Potassium: 2042.07mg (58.34%), Folate: 207.22µg (51.81%), Vitamin B3: 8.8mg (44%), Vitamin E: 6.23mg (41.5%), Vitamin B1: 0.62mg (41.34%), Copper: 0.79mg

(39.25%), Iron: 6.9mg (38.31%), Vitamin B2: 0.54mg (31.87%), Zinc: 4.57mg (30.44%), Fiber: 7.45g (29.81%), Vitamin D: 3.78µg (25.2%), Vitamin B5: 2.38mg (23.81%), Calcium: 211.49mg (21.15%), Vitamin C: 10.77mg (13.05%), Vitamin A: 492.06IU (9.84%), Vitamin K: 8.14µg (7.75%)