



 **76%**  
HEALTH SCORE

## Chili-Roasted Cod

 **Gluten Free**  **Very Healthy**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**685 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 1 teaspoon chili powder
- 3 pounds filets fresh ( 3/)
- 2 tablespoons mint leaves fresh chopped
- 0.3 teaspoon ground cumin
- 1 juice of lime juiced
- 1 juice of orange juiced
- 1 orange zest

- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 4 servings salt
- 4 servings salt and pepper
- 1 pound sugar snap peas
- 4 large sweet potatoes peeled cut into 1-inch cubes

## Equipment

- frying pan
- sauce pan
- oven
- hand mixer
- roasting pan

## Directions

- Heat oven to 350 degrees F. Lightly coat a roasting pan with vegetable cooking spray.
- Arrange the cod fillets skin-side down.
- Sprinkle with the chili powder, oregano, and salt. Roast 5 to 7 minutes or until the cod is just opaque and flakes when tested with a fork.
- Meanwhile, melt the butter in a small skillet over medium-low heat. Cook, swirling constantly, just until the butter begins to brown.
- Add the cumin and lime juice and continue to cook, swirling 1 minute longer.
- Remove the cod from the oven. Set aside half the cod for Day
- Drizzle the cumin-lime butter over the remaining cod and serve with the potatoes and peas.
- Place sweet potatoes in a large saucepan and cover with salted water. Bring to a boil. Reduce heat, cover, and simmer 10 to 12 minutes or until fork-tender.
- Drain.
- Add the zest, juice, butter and a dash of salt.
- Beat with an electric mixer until the potatoes are light and fluffy.

- Place sugar snap peas in a steamer and steam until tender but still crisp, about 4 minutes. Toss with mint, season, and serve.

## Nutrition Facts



**PROTEIN 41.03%** **FAT 11.32%** **CARBS 47.65%**

### Properties

Glycemic Index:42.5, Glycemic Load:34.56, Inflammation Score:-10, Nutrition Score:51.527825811635%

### Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 685kcal (34.25%), Fat: 8.53g (13.12%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 80.76g (26.92%), Net Carbohydrates: 66.74g (24.27%), Sugar: 20.19g (22.43%), Cholesterol: 161.33mg (53.78%), Sodium: 1108.15mg (48.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.55g (139.1%), Vitamin A: 50086.09IU (1001.72%), Selenium: 115.68µg (165.26%), Vitamin C: 94.24mg (114.24%), Phosphorus: 920.72mg (92.07%), Vitamin B6: 1.76mg (87.84%), Potassium: 2853.91mg (81.54%), Manganese: 1.26mg (63.23%), Magnesium: 228.02mg (57.01%), Fiber: 14.02g (56.08%), Vitamin B12: 3.11µg (51.79%), Vitamin B3: 9.81mg (49.05%), Vitamin B1: 0.72mg (47.85%), Vitamin B5: 4.17mg (41.66%), Copper: 0.73mg (36.3%), Vitamin K: 37.45µg (35.67%), Iron: 6.18mg (34.34%), Vitamin B2: 0.54mg (31.94%), Folate: 118.8µg (29.7%), Vitamin E: 3.94mg (26.24%), Calcium: 227.7mg (22.77%), Vitamin D: 3.06µg (20.41%), Zinc: 2.95mg (19.65%)