

## Coconut Cod



Gluten Free



Dairy Free



Low Fod Map

READY IN



39 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 13.5 ounce coconut milk canned
- 24 ounce filets
- 1 jalapeño stemmed thinly sliced lengthwise
- 2 tablespoons juice of lime fresh
- 2 tablespoons olive oil
- 4 servings salt and pepper black freshly ground

## Equipment

- bowl

- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat the oven to 400 degrees F.
- In a bowl or shallow dish, whisk the coconut milk, lime juice, olive oil, a nice pinch of salt and a few grinds of pepper. Reserve 1 cup of the marinade.
- Add the fish to the bowl with the marinade and refrigerate for 20 minutes.
- Remove the cod from the refrigerator.
- Place the cod in a 9 by 11-inch baking dish, discarding the marinade in the bowl.
- Place a slice of jalapeno over the top of each piece.
- Place in the oven and bake for 12 to 14 minutes.
- Meanwhile, make the sauce.
- Pour the reserved 1 cup marinade in a small saucepan over medium heat and simmer until reduced and slightly thickened, about 5 minutes. Spoon some on the plate before placing the cod down on top.
- Serve warm.

## Nutrition Facts

**PROTEIN 30.04%** **FAT 64.22%** **CARBS 5.74%**

## Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:18.556956612546%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 424.56kcal (21.23%), Fat: 30.93g (47.59%), Saturated Fat: 21.38g (133.64%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.47g (3.85%), Cholesterol: 73.14mg (24.38%), Sodium: 106.62mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Selenium: 62.26µg (88.94%), Manganese: 0.92mg (45.97%), Phosphorus: 443.09mg (44.31%), Potassium: 972.99mg (27.8%), Vitamin B12: 1.55µg (25.8%), Vitamin B6: 0.47mg (23.31%), Magnesium: 91.13mg (22.78%), Vitamin B3: 4.29mg (21.46%), Vitamin E: 2.38mg (15.89%), Copper: 0.31mg (15.36%), Vitamin C: 10.78mg (13.07%), Iron: 2.28mg (12.67%), Vitamin B1: 0.16mg (10.5%), Vitamin D: 1.53µg (10.21%), Zinc: 1.42mg (9.46%), Fiber: 2.26g (9.03%), Folate: 28.93µg (7.23%), Vitamin B2: 0.11mg (6.72%), Vitamin K: 5.34µg (5.08%), Vitamin B5: 0.46mg (4.57%), Calcium: 44.51mg (4.45%), Vitamin A: 110.07IU (2.2%)