



## Cod in Tomatoes with Wine

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce cod loins
- ☐ 1 cup cooking wine dry white as needed
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 0.8 onion finely chopped
- ☐ 8 large prawns deveined uncooked peeled

- ☐ 1 chile pepper fresh red seeded chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 6 vine-ripened tomatoes

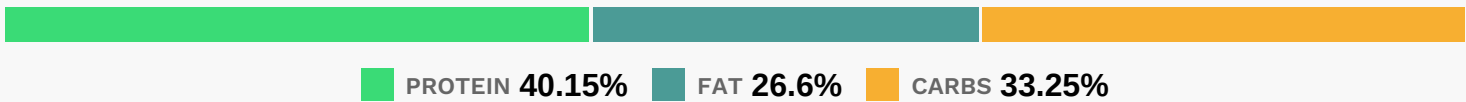
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Slice an 'X' in the bottom of each tomato. Bring a pot of water to a boil; boil tomatoes for 2 minutes.
- ☐ Remove with a slotted spoon and place in a bowl of iced water for 1 minute. Peel tomatoes, starting from the 'X' side; chop.
- ☐ Heat vegetable oil in a skillet over low heat; cook and stir onion and garlic until fragrant, about 2 minutes.
- ☐ Add chile pepper and tomatoes; cook and stir until tomatoes begin reduce, 5 to 8 minutes.
- ☐ Pour in wine; cook over medium heat until wine reduces slightly, about 5 more minutes. Stir in salt, black pepper, basil, and parsley.
- ☐ Place cod loins into tomato mixture; cover and cook for 5 minutes. Turn cod and cook other side until fish flakes easily with a fork, 3 to 5 minutes.
- ☐ Add prawns; cover and cook until prawns are bright pink on the outside and the meat is no longer transparent in the center, 2 to 3 minutes. Season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:144.5, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:34.266087386919%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 2.97mg, Naringenin: 2.97mg, Naringenin: 2.97mg, Naringenin: 2.97mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 378.67kcal (18.93%), Fat: 8.91g (13.71%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 25.06g (8.35%), Net Carbohydrates: 19.33g (7.03%), Sugar: 13.87g (15.41%), Cholesterol: 99.16mg (33.05%), Sodium: 318.65mg (13.85%), Alcohol: 12.36g (100%), Alcohol %: 2.17% (100%), Protein: 30.26g (60.52%), Vitamin K: 123.95µg (118.05%), Vitamin C: 93.87mg (113.78%), Vitamin A: 3902.18IU (78.04%), Selenium: 50.26µg (71.8%), Potassium: 1650.31mg (47.15%), Phosphorus: 468.34mg (46.83%), Vitamin B6: 0.91mg (45.33%), Manganese: 0.79mg (39.44%), Vitamin B3: 5.8mg (29.01%), Magnesium: 111.82mg (27.95%), Vitamin E: 4.02mg (26.82%), Vitamin B12: 1.48µg (24.6%), Folate: 93.33µg (23.33%), Fiber: 5.74g (22.94%), Copper: 0.4mg (20%), Vitamin B1: 0.28mg (18.83%), Iron: 2.56mg (14.22%), Zinc: 1.9mg (12.68%), Vitamin B2: 0.21mg (12.23%), Calcium: 116.78mg (11.68%), Vitamin B5: 0.82mg (8.17%), Vitamin D: 1.06µg (7.07%)