



Cod Poached in Spicy Tomato Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 2 tablespoons capers
- ☐ 24 ounce filets
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.8 cup wine dry white
- ☐ 10 kalamata olives pitted chopped
- ☐ 1 tablespoon olive oil

☐ 1 cup water

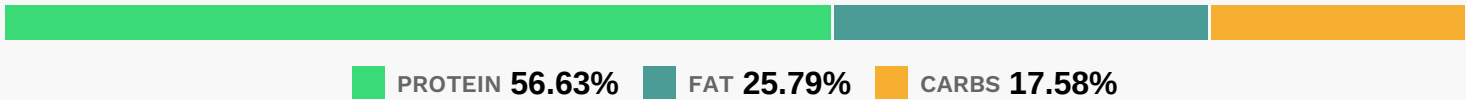
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 1 minute or until lightly browned.
- ☐ Add water and next 4 ingredients (water through tomatoes); bring to a boil. Reduce heat, and simmer 2 minutes.
- ☐ Add fish; cover and simmer 5 minutes or until fish flakes easily when tested with a fork. Top with olives.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:18.511738963749%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

Nutrients (% of daily need)

Calories: 259.48kcal (12.97%), Fat: 6.55g (10.08%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 7.47g (2.72%), Sugar: 5.07g (5.63%), Cholesterol: 73.14mg (24.38%), Sodium: 506.01mg (22%), Alcohol: 4.64g (100%), Alcohol %: 1.48% (100%), Protein: 32.38g (64.76%), Selenium: 57.44µg (82.06%), Phosphorus: 391.08mg (39.11%), Vitamin B6: 0.63mg (31.43%), Potassium: 1056.22mg (30.18%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 4.92mg (24.6%), Vitamin E: 3.44mg (22.92%), Magnesium: 83.52mg (20.88%), Manganese: 0.31mg (15.35%), Vitamin C: 11.92mg (14.44%), Vitamin B1: 0.22mg (14.41%), Copper: 0.28mg (14.16%), Iron: 2.34mg

(12.98%), Vitamin B2: 0.18mg (10.74%), Fiber: 2.58g (10.32%), Vitamin D: 1.53µg (10.21%), Vitamin K: 9.46µg (9.01%), Vitamin A: 445.16IU (8.9%), Calcium: 79.45mg (7.94%), Zinc: 1.16mg (7.72%), Folate: 27.1µg (6.77%), Vitamin B5: 0.58mg (5.84%)