



Cod Poached in Tomato-Saffron Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced drained canned
- ☐ 2 cups bottled clam juice
- ☐ 2 cups cooking wine dry white
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 24 ounce sablefish fillets

- ☐ 1 pinch saffron threads
- ☐ 0.3 teaspoon salt

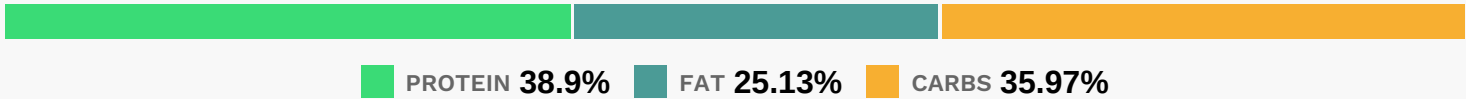
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a 10-inch, straight-sided skillet over medium-high heat; cook onion 5 minutes or until softened.
- ☐ Add garlic and next 4 ingredients; cook, covered, over medium heat 10 minutes. Stir in salt and pepper.
- ☐ Add cod to skillet; reduce heat until wine mixture just simmers. Cover and poach 5 to 7 minutes or until fish flakes with a fork.
- ☐ Serve in bowls with broth spooned over fish.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:20.476521761521%

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: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 378.96kcal (18.95%), Fat: 8.23g (12.66%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 23.62g (8.59%), Sugar: 10.72g (11.91%), Cholesterol: 79.95mg (26.65%), Sodium: 1390.01mg (60.44%), Alcohol: 12.36g (100%), Alcohol %: 2.45% (100%), Protein: 28.67g (57.35%), Selenium: 40.06µg (57.23%), Vitamin B12: 3.4µg (56.72%), Phosphorus: 559.24mg (55.92%), Vitamin C: 26.8mg (32.49%), Vitamin B6: 0.6mg (29.97%), Potassium: 1010.16mg (28.86%), Vitamin E: 3.46mg (23.07%), Manganese: 0.42mg (21.22%), Magnesium: 76.92mg (19.23%), Vitamin B3: 3.76mg (18.81%), Iron: 2.88mg (16.02%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.19mg (12.71%), Fiber: 2.89g (11.56%), Copper: 0.23mg (11.32%), Folate: 42.42µg (10.6%), Calcium: 105.05mg (10.51%), Vitamin K: 10.95µg (10.43%), Vitamin B5: 0.93mg (9.27%), Vitamin A: 428.17IU (8.56%), Zinc: 1.1mg (7.35%), Vitamin D: 0.85µg (5.67%)