



Cod Sautéed in Olive Oil with Fresh Tomatoes



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound fish fillets skinless thin
- ☐ 4 servings salt
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 large tomatoes fresh cut into chunks
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 tablespoon tabasco
- ☐ 4 servings bell pepper black to taste

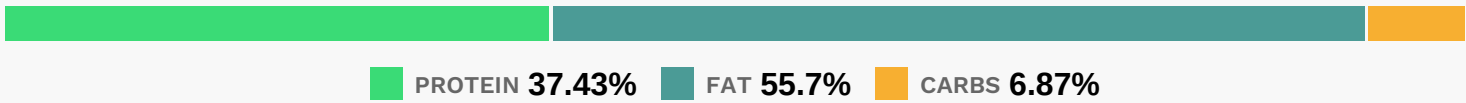
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Remove any pin bones from the fillets and pat them dry. Salt the fish fillets well and set out on a cutting board.
- ☐ Sauté fish on one side:
- ☐ Heat the olive oil in a sauté pan and set it over medium heat for 2 minutes.
- ☐ Add the fish fillets, which should sizzle gently. Cook undisturbed for 90 seconds.
- ☐ Baste fish with hot pan oil: When you see the bottom of the fish fillets turn opaque, tilt the pan and, using a large spoon, baste the tops of the fish with the hot oil. Do this constantly until the top of the fillets begin to flake, about 3 minutes.
- ☐ Add tomato, seasonings:
- ☐ Add the tomato chunks, the Italian seasoning and the splash of Tabasco. Swirl around in the pan to combine and let this cook for 90 seconds. Turn off the heat.
- ☐ Swirl tomatoes to emulsify sauce: Put a fish fillet on everyone's plate. Swirl the tomatoes in the pan and add black pepper to taste; this swirling should emulsify the sauce. Spoon out some tomatoes and sauce for everyone and serve at once.
- ☐ Serve with crusty bread and a dry rose wine.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:15.348695755005%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 247.84kcal (12.39%), Fat: 15.67g (24.1%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.48g (2.75%), Cholesterol: 56.7mg (18.9%), Sodium: 343.74mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.38%), Selenium: 47.45µg (67.79%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 5.02mg (25.11%), Vitamin D: 3.52µg (23.44%), Vitamin K: 23.36µg (22.25%), Phosphorus: 216.61mg (21.66%), Vitamin E: 3.08mg (20.51%), Vitamin C: 14.92mg (18.09%), Potassium: 576.92mg (16.48%), Vitamin A: 780.85IU (15.62%), Vitamin B6: 0.27mg (13.62%), Magnesium: 43.67mg (10.92%), Folate: 43.45µg (10.86%), Manganese: 0.21mg (10.52%), Iron: 1.35mg (7.51%), Copper: 0.15mg (7.37%), Vitamin B5: 0.65mg (6.47%), Fiber: 1.55g (6.21%), Vitamin B2: 0.1mg (5.7%), Vitamin B1: 0.08mg (5.55%), Calcium: 37.37mg (3.74%), Zinc: 0.56mg (3.74%)