



HEALTH SCORE

62%

Cod with Chorizo and Breadcrumbs



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 24 ounce pacific halibut filets skinless
- ☐ 4 servings pepper freshly ground
- ☐ 4 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 small shallots thinly sliced
- ☐ 2 ounces chorizo smoked spanish halved thinly sliced

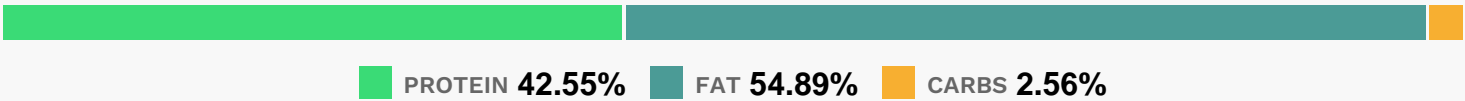
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Pulse bread in a foodprocessor until coarse crumbs form.
- ☐ Heat 2 tablespoons oil in a large ovenproof skillet over medium-high heat.
- ☐ Add breadcrumbs. Cook, stirring often, until golden and crisp, about 3 minutes; season with salt and pepper.
- ☐ Transfer mixture to a bowl, add parsley and oregano; toss to combine. Wipe out skillet.
- ☐ Heat 1 tablespoon oil in same skillet over medium-high heat.
- ☐ Add shallot and chorizo and cook, stirring often, until chorizo is just crisp, about 2 minutes.
- ☐ Transfer to a bowl and mix in vinegar; season with salt and pepper. Wipe out skillet.
- ☐ Heat remaining 1 tablespoon oil in same skillet over medium-high heat. Season cod with salt and pepper and cook until bottom side begins to turn opaque, about 3 minutes.
- ☐ Transfer skillet to oven and roast until fish is cooked through, about 5 minutes longer.
- ☐ Serve cod topped with chorizo mixture and toasted breadcrumbs.
- ☐ DO AHEAD: Breadcrumbs can be made 8 hours ahead. Store airtight at room temperature. Toss with herbs just before serving.

Nutrition Facts



Properties

Glycemic Index: 44.25, Glycemic Load: 0.29, Inflammation Score: -8, Nutrition Score: 20.599565340125%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 328.9kcal (16.44%), Fat: 19.62g (30.19%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.55g (0.61%), Cholesterol: 92.21mg (30.74%), Sodium: 118.33mg (5.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.46%), Selenium: 77.7µg (111%), Vitamin B3: 11.16mg (55.79%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.97mg (48.4%), Phosphorus: 408.37mg (40.84%), Vitamin K: 32.81µg (31.25%), Vitamin B12: 1.87µg (31.18%), Potassium: 786.48mg (22.47%), Vitamin E: 3.29mg (21.95%), Magnesium: 44.78mg (11.2%), Iron: 1.26mg (7.03%), Folate: 27.04µg (6.76%), Vitamin B5: 0.62mg (6.18%), Vitamin B1: 0.09mg (6.13%), Manganese: 0.12mg (5.86%), Vitamin A: 270.89IU (5.42%), Zinc: 0.69mg (4.57%), Calcium: 36.59mg (3.66%), Vitamin B2: 0.06mg (3.53%), Fiber: 0.79g (3.16%), Copper: 0.06mg (2.81%), Vitamin C: 1.9mg (2.3%)