



Cod with Fennel and Orange

 Gluten Free

READY IN



11 min.

SERVINGS



2

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce filets
- 0.3 teaspoon pepper red crushed
- 2 tablespoons cooking wine dry white
- 2 teaspoons fennel fronds finely chopped
- 1 cup fennel bulb thinly sliced
- 2 garlic cloves thinly sliced
- 0.5 teaspoon kosher salt
- 1 teaspoon olive oil extra-virgin

- 4 orange rind strips
- 0.3 cup orange sections
- 4 thyme sprigs
- 1 teaspoon butter unsalted

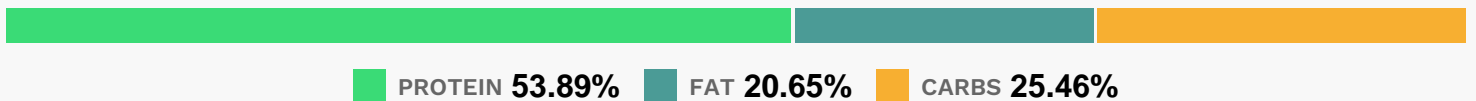
Equipment

- ziploc bags
- microwave

Directions

- Sprinkle fish evenly with salt; place 1 fillet in each of 2 quart-sized microwavable zip-top plastic bags. Divide fennel and next 6 ingredients (through garlic) evenly between the 2 bags. Gently press out as much air as possible from bags; seal tightly.
- Place bags on a microwave-safe plate. Microwave at POWER LEVEL 7 for 5 minutes or until desired degree of doneness. Cool 2 minutes.
- Remove fish and vegetable mixture from each bag onto each of 2 plates. Top fillets evenly with orange sections and fennel fronds; drizzle with oil.

Nutrition Facts



Properties

Glycemic Index:111.25, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:21.349130381709%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 4.65mg, Naringenin: 4.65mg, Naringenin: 4.65mg, Naringenin: 4.65mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 246.97kcal (12.35%), Fat: 5.43g (8.36%), Saturated Fat: 1.86g (11.59%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 9.88g (3.59%), Sugar: 4.9g (5.45%), Cholesterol: 78.52mg (26.17%), Sodium: 704.98mg (30.65%), Alcohol: 1.54g (100%), Alcohol %: 0.66% (100%), Protein: 31.9g (63.81%), Selenium: 57.55µg (82.21%), Vitamin C: 60.25mg (73.03%), Phosphorus: 389.51mg (38.95%), Vitamin K: 32.34µg (30.8%), Potassium: 1048.65mg (29.96%), Vitamin B6: 0.56mg (27.84%), Vitamin B12: 1.55µg (25.87%), Vitamin B3: 4.22mg (21.12%), Fiber: 5.2g (20.78%), Magnesium: 76.83mg (19.21%), Vitamin B1: 0.2mg (13.17%), Vitamin E: 1.93mg (12.85%), Calcium: 118.27mg (11.83%), Manganese: 0.23mg (11.67%), Vitamin A: 533.12IU (10.66%), Folate: 42.47µg (10.62%), Vitamin D: 1.57µg (10.46%), Vitamin B2: 0.18mg (10.46%), Iron: 1.72mg (9.57%), Zinc: 1.05mg (6.98%), Copper: 0.14mg (6.96%), Vitamin B5: 0.6mg (6.03%)