



HEALTH SCORE

61%

Cod with Fresh Tomato Sauce and Arborio Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



30

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup arborio rice
- ☐ 5 bay leaves
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 5 large garlic cloves minced
- ☐ 4 fillet halibut skinless
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 orange zest finely grated for garnish

- ☐ 5 oregano sprigs
- ☐ 30 servings parsley chopped for garnish
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 3 pounds tomatoes coarsely chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large, deep skillet, heat 1/4 cup of the olive oil.
- ☐ Add the garlic and crushed red pepper and cook over moderate heat until the garlic is golden, about 1 minute.
- ☐ Add the tomatoes and saffron and cook over moderate heat until the tomatoes just begin to soften, about 5 minutes.
- ☐ Add the oregano and season with salt and black pepper. Cook the sauce over moderately low heat, stirring and crushing the tomatoes with a spoon, until the sauce is thickened and the liquid is reduced, about 35 minutes. Discard the oregano.
- ☐ Meanwhile, in a large pot of boiling salted water, combine the orange zest strips, bay leaves, cloves, rice and 1 tablespoon of the olive oil and cook until the rice is al dente, 15 to 18 minutes.
- ☐ Drain the rice, discarding the zest, bay leaves and cloves. Return the rice to the pot.
- ☐ Add the remaining 1 tablespoon of olive oil and season with salt.
- ☐ Nestle the cod in the tomato sauce and cook, turning the fillets once, until just opaque throughout, about 12 minutes.
- ☐ Spoon the rice into bowls and top with the cod and sauce.
- ☐ Sprinkle with parsley and finely grated orange zest and serve.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:4.74, Inflammation Score:-7, Nutrition Score:12.370869745379%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 109.65kcal (5.48%), Fat: 3.7g (5.69%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.24g (1.38%), Cholesterol: 26.66mg (8.89%), Sodium: 42.06mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.27%), Vitamin K: 72.1µg (68.66%), Selenium: 25.91µg (37.01%), Vitamin B3: 4.16mg (20.78%), Vitamin B6: 0.36mg (17.95%), Vitamin D: 2.56µg (17.05%), Vitamin A: 762.33IU (15.25%), Phosphorus: 149.25mg (14.92%), Vitamin C: 12.25mg (14.84%), Potassium: 378.1mg (10.8%), Vitamin B12: 0.6µg (9.97%), Folate: 35.39µg (8.85%), Manganese: 0.16mg (8.22%), Vitamin E: 1.05mg (6.99%), Vitamin B1: 0.09mg (5.8%), Magnesium: 21.91mg (5.48%), Iron: 0.85mg (4.71%), Fiber: 1.02g (4.09%), Vitamin B5: 0.34mg (3.37%), Copper: 0.06mg (3.19%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.03mg (2.02%), Calcium: 18.94mg (1.89%)