



## Cod with Roasted Tomato Salsa

 **Gluten Free**  **Dairy Free**

READY IN



**55 min.**

SERVINGS



**4**

CALORIES



**273 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 20 ounce center-cut cod filets
- 3 tablespoons cilantro leaves fresh chopped
- 7 cloves garlic
- 1 jalapeño seeds removed sliced in half and
- 1 juice of lime
- 4 servings kosher salt and pepper freshly ground
- 4 servings olive oil
- 6 plum tomatoes sliced into quarter wedges

0.5 onion red sliced into quarters

## Equipment

food processor

bowl

frying pan

baking sheet

oven

## Directions

Preheat the oven to 450 degrees F.

Add the tomatoes and red onion to a bowl and drizzle with oil. Season with salt and pepper.

Add to a greased baking sheet.

Add the garlic to a square of tinfoil, drizzle with olive oil and seal.

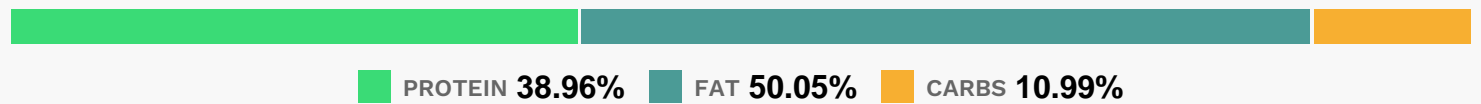
Place on the sheet tray and roast for 25 minutes, until charred and tender.

Remove from oven and let cool for a few minutes.

Add the vegetables and garlic to a food processor along with jalapeno, cilantro and lime juice; pulse until chunky. Taste for seasoning and season with salt and pepper, if necessary.

Add 1 tablespoon olive oil to a large nonstick skillet over medium-high heat. Once hot, add the fish and cook for 4 minutes per side. Top with the roasted salsa.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:16.11260858826%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg

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## Nutrients (% of daily need)

Calories: 273.01kcal (13.65%), Fat: 15.2g (23.38%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.91g (2.15%), Sugar: 3.36g (3.73%), Cholesterol: 60.95mg (20.32%), Sodium: 277.1mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.24%), Selenium: 47.76µg (68.22%), Phosphorus: 324.19mg (32.42%), Vitamin C: 23.3mg (28.24%), Vitamin B6: 0.52mg (26.06%), Potassium: 866.15mg (24.75%), Vitamin E: 3.58mg (23.88%), Vitamin B12: 1.29µg (21.5%), Vitamin B3: 3.59mg (17.94%), Vitamin A: 893.86IU (17.88%), Vitamin K: 17.68µg (16.84%), Magnesium: 59.48mg (14.87%), Manganese: 0.24mg (11.97%), Vitamin B1: 0.16mg (10.83%), Vitamin D: 1.28µg (8.5%), Vitamin B2: 0.12mg (7.26%), Folate: 28.52µg (7.13%), Fiber: 1.6g (6.39%), Copper: 0.12mg (6%), Zinc: 0.89mg (5.95%), Iron: 1.01mg (5.6%), Calcium: 46.58mg (4.66%), Vitamin B5: 0.37mg (3.7%)