






 **82%**
HEALTH SCORE

Cod with the Fruit of the Sea---Merluzzo Ai Frutti di Mare

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

50 min.

SERVINGS

4

CALORIES

504 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 pound cherry tomatoes
- 1 teaspoon chili flakes hot
- 1 pound cockles
- 2 pounds cod fillet
- 2 cups cooking wine dry white
- 4 cloves garlic thinly sliced
- 1 pound mussels rinsed scrubbed

- 4 tablespoons olive oil extra-virgin
- 1 onion spanish cut into 1/4-inch dice
- 1 bunch parsley italian chopped
- 4 servings salt and pepper to taste

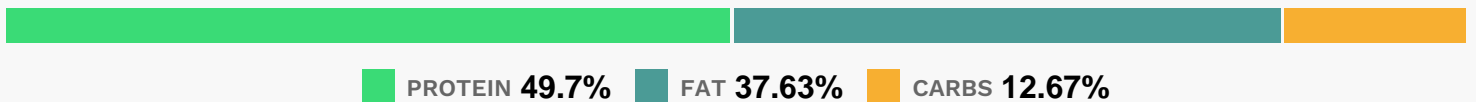
Equipment

- frying pan

Directions

- In a 14 to 16-inch saute pan, heat 4 tablespoons olive oil until almost smoking.
- Add the onions and garlic and saute 3 to 5 minutes, until soft and light golden brown.
- Add the tomatoes and the chili flakes and flatten tomatoes with a fork, allowing them to release their juices. Cook for 10 minutes, until tomatoes have completely fallen apart.
- Add the wine and bring to a boil.
- Add the cod, mussels, and cockles, reduce heat to a simmer and cover, allowing to cook for 10 minutes, until fish is cooked through.
- Remove from heat, sprinkle with parsley, drizzle with remaining olive oil, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.52, Inflammation Score:-9, Nutrition Score:38.981738919797%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg

Myricetin: 2.19mg, Myricetin: 2.19mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 503.52kcal (25.18%), Fat: 17.22g (26.5%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 11.47g (4.17%), Sugar: 3.92g (4.35%), Cholesterol: 113.72mg (37.91%), Sodium: 511.97mg (22.26%), Alcohol: 12.36g (100%), Alcohol %: 2.91% (100%), Protein: 51.18g (102.35%), Vitamin K: 245.17µg (233.49%), Vitamin B12: 9µg (150.06%), Selenium: 102.06µg (145.8%), Manganese: 2.32mg (115.89%), Phosphorus: 634.13mg (63.41%), Vitamin C: 41.75mg (50.6%), Iron: 7.77mg (43.17%), Potassium: 1471.59mg (42.05%), Vitamin B6: 0.78mg (39.14%), Vitamin A: 1810IU (36.2%), Vitamin B3: 6.88mg (34.39%), Magnesium: 120.72mg (30.18%), Vitamin E: 4.41mg (29.39%), Vitamin B1: 0.33mg (21.68%), Vitamin B2: 0.36mg (21.34%), Folate: 75.85µg (18.96%), Zinc: 2.43mg (16.17%), Vitamin D: 2.04µg (13.61%), Calcium: 106.79mg (10.68%), Copper: 0.21mg (10.56%), Vitamin B5: 0.88mg (8.76%), Fiber: 1.57g (6.29%)