



Corfu-Style Cod

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce filets
- 1 cup cooking wine dry red
- 2 garlic cloves minced
- 0.3 teaspoon ground pepper red
- 2 cups leek chopped
- 1 tablespoon olive oil
- 1.5 teaspoons paprika
- 1 teaspoon salt

1 tablespoon tomato paste

Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add leek and garlic; saut 3 minutes.
- Add paprika and red pepper; saut 1 minute.
- Add wine and tomato paste; reduce heat, and simmer 4 minutes.
- Sprinkle salt evenly over both sides of fillets.
- Add to pan, nestling fillets in leek mixture. Cover, reduce heat, and simmer 15 minutes or until fish flakes easily when tested with a fork.
- carbo rating: 7

Nutrition Facts


■ PROTEIN 60.3% ■ FAT 21.25% ■ CARBS 18.45%

Properties

Glycemic Index:38.5, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:17.477826077005%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 255.39kcal (12.77%), Fat: 4.92g (7.57%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.32g (3.02%), Sugar: 2.33g (2.59%), Cholesterol: 73.14mg (24.38%), Sodium: 714.59mg (31.07%),

Alcohol: 6.3g (100%), Alcohol %: 2.79% (100%), Protein: 31.39g (62.79%), Selenium: 57.23µg (81.76%), Phosphorus: 369.21mg (36.92%), Vitamin B6: 0.57mg (28.34%), Vitamin A: 1292.41IU (25.85%), Vitamin B12: 1.55µg (25.8%), Potassium: 848.95mg (24.26%), Vitamin K: 24.38µg (23.22%), Vitamin B3: 3.91mg (19.53%), Magnesium: 70.49mg (17.62%), Vitamin E: 2.43mg (16.21%), Manganese: 0.29mg (14.63%), Vitamin B1: 0.16mg (10.95%), Iron: 1.92mg (10.66%), Folate: 41.41µg (10.35%), Vitamin C: 8.49mg (10.29%), Vitamin D: 1.53µg (10.21%), Vitamin B2: 0.14mg (8.36%), Copper: 0.13mg (6.32%), Zinc: 0.9mg (5.99%), Calcium: 59.92mg (5.99%), Fiber: 1.29g (5.17%), Vitamin B5: 0.36mg (3.56%)