



Creamed Cod with Mushrooms and Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bottled clam juice
- 2 pounds filets
- 0.3 cup breadcrumbs dry
- 0.3 cup cooking wine dry white
- 6 servings béchamel sauce
- 2 tablespoons juice of lemon fresh
- 1 teaspoon butter melted
- 2 cups mushrooms sliced

- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup shallots minced
- 0.5 pound shrimp deveined peeled

Equipment

- bowl
- frying pan
- oven
- sieve
- baking pan
- aluminum foil

Directions

- Preheat the oven to 350.
- Prepare Bchamel Sauce; keep warm.
- Place fish in a 13 x 9-inch baking dish coated with cooking spray.
- Sprinkle with shallots, wine, salt, and pepper; cover loosely with foil.
- Bake at 350 for 25 minutes.
- Let fish cool to room temperature.
- Remove fish from dish into a bowl, reserving cooking liquid. Shred fish with 2 forks; set aside. Strain cooking liquid through a sieve into a bowl; discard solids.
- Combine the cooking liquid, mushrooms, clam juice, and lemon juice in a large nonstick skillet. Cover and cook over medium-high heat for 3 minutes or until mushrooms are tender. Stir mushroom mixture and fish into Bchamel Sauce; pour bchamel mixture into six gratin dishes coated with cooking spray.
- Place shrimp on bchamel mixture, and sprinkle with breadcrumbs.
- Drizzle with margarine. Broil on second shelf 5 minutes or until shrimp are done.

Nutrition Facts



■ PROTEIN **69.89%** ■ FAT **9.82%** ■ CARBS **20.29%**

Properties

Glycemic Index:18.17, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:15.883043296959%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 221.2kcal (11.06%), Fat: 2.3g (3.53%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.42g (3.42%), Sugar: 3.57g (3.97%), Cholesterol: 125.87mg (41.96%), Sodium: 352.22mg (15.31%), Alcohol: 1.03g (100%), Alcohol %: 0.46% (100%), Protein: 36.77g (73.54%), Selenium: 54.49µg (77.84%), Phosphorus: 439.22mg (43.92%), Potassium: 931.39mg (26.61%), Vitamin B6: 0.5mg (24.84%), Vitamin B12: 1.41µg (23.52%), Vitamin B3: 4.67mg (23.37%), Magnesium: 72.95mg (18.24%), Copper: 0.33mg (16.41%), Vitamin B2: 0.25mg (14.94%), Vitamin B1: 0.2mg (13.48%), Zinc: 1.53mg (10.19%), Vitamin D: 1.42µg (9.5%), Manganese: 0.17mg (8.66%), Vitamin B5: 0.82mg (8.21%), Vitamin C: 6.68mg (8.1%), Iron: 1.45mg (8.06%), Folate: 30.23µg (7.56%), Vitamin E: 1.04mg (6.92%), Calcium: 68.14mg (6.81%), Fiber: 1.26g (5.03%), Vitamin A: 120.98IU (2.42%)