



Crispy Cod Cooked 'Unilaterally' with Creamed Leeks



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby leeks finely sliced sliced (2 cups leeks)
- ☐ 4 filets
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings optional: lemon for serving
- ☐ 2 tablespoons olive oil

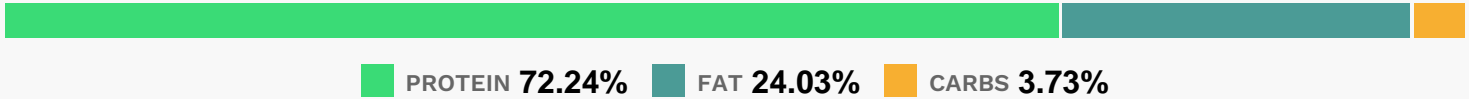
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Season the cod with salt and pepper.
- ☐ Heat oil over medium heat in a large non-stick skillet until shimmering.
- ☐ Add the cod, presentation side down. Cover and cook without moving until the fish is cooked through, about 15 minutes (meat should flake easily when pulled with a fork). Carefully transfer fish to a large plate, crisp-side up, and tent with foil to keep warm.
- ☐ Pour off most of the oil from the pan and return it to medium heat.
- ☐ Add the leeks, season with salt and pepper, and sweat until soft, about 6 minutes, adding up to 1/3 cup water to encourage softening if necessary.
- ☐ Add 1/3 cup of water to help soften the leeks further.
- ☐ Add cream, increase heat to high, and bring to a boil. Cook until lightly thickened, then season to taste with salt and pepper. To plate, scoop the creamed leeks onto the bottom of a serving dish and top with the cod, golden side up.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:47.695217298425%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 932.59kcal (46.63%), Fat: 23.94g (36.83%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.29g (2.65%), Sugar: 2.92g (3.24%), Cholesterol: 420.62mg (140.21%), Sodium: 503.93mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 161.94g (323.88%), Selenium: 299.31µg (427.58%), Phosphorus: 1862.33mg (186.23%), Vitamin B12: 8.24µg (137.29%), Vitamin B6: 2.33mg (116.66%), Potassium: 3842.72mg (109.79%), Vitamin B3: 18.79mg (93.93%), Magnesium: 304.25mg (76.06%), Vitamin D: 8.58µg (57.17%), Vitamin E: 7.49mg (49.97%), Vitamin B1: 0.72mg (48.11%), Vitamin B2: 0.66mg (38.64%), Vitamin A: 1599.57IU (31.99%), Zinc: 4.18mg (27.9%), Vitamin K: 28.79µg (27.42%), Iron: 4.55mg (25.27%), Folate: 95.7µg (23.92%), Vitamin C: 18.65mg (22.6%), Calcium: 194.29mg (19.43%), Manganese: 0.38mg (19.05%), Copper: 0.32mg (15.84%), Vitamin B5: 1.53mg (15.35%), Fiber: 1.09g (4.34%)