



Easy Broiled Miso-Marinated Black Cod

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



885 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 filets black
- 2 tablespoons mirin
- 0.3 cup miso white red
- 0.3 cup rice wine
- 2 teaspoons soya sauce
- 0.3 cup sugar
- 1 tablespoon vegetable oil


Equipment

- frying pan
- oven
- whisk
- aluminum foil
- broiler
- skewers
- toaster
- broiler pan

Directions

- Whisk together miso, sake, mirin, soy sauce, oil, and sugar. Rub mixture over every surface of black filets.
- Transfer to a plastic zipper lock bag or sealable container. Proceed immediately to next step, or for best results, marinate for about 30 minutes or up to two days.
- Adjust broiler rack to 4 inches from heat source and preheat broiler or toaster oven broiler to high. Cover a small broiler pan with aluminum foil.
- Place black cod filets skin side-down on pan. Broil until top surface is well charred and a thin skewer inserted into black cod shows no resistance at all when piercing through layers of flesh, about 10 minutes. If any areas of fish threaten to burn, shield with small pieces of aluminum foil.
- When fish is cooked, carefully remove pin bones with a pair of tweezers (there should be no resistance), and serve immediately.

Nutrition Facts

 **PROTEIN 78.4%**  **FAT 11.38%**  **CARBS 10.22%**

Properties

Glycemic Index:36.52, Glycemic Load:10.84, Inflammation Score:-9, Nutrition Score:43.956086759982%

Nutrients (% of daily need)

Calories: 884.61kcal (44.23%), Fat: 10.51g (16.16%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 20.28g (7.37%), Sugar: 15.59g (17.32%), Cholesterol: 387mg (129%), Sodium: 1360.12mg (59.14%),

Alcohol: 3.27g (100%), Alcohol %: 0.43% (100%), Protein: 162.88g (325.76%), Selenium: 299.41µg (427.73%), Phosphorus: 1859.13mg (185.91%), Vitamin B12: 8.2µg (136.73%), Vitamin B6: 2.25mg (112.26%), Potassium: 3763.45mg (107.53%), Vitamin B3: 18.84mg (94.21%), Magnesium: 298.35mg (74.59%), Vitamin D: 8.1µg (54%), Vitamin B1: 0.7mg (46.84%), Vitamin E: 6.04mg (40.27%), Vitamin B2: 0.63mg (37.18%), Zinc: 4.51mg (30.05%), Iron: 3.94mg (21.9%), Folate: 66.81µg (16.7%), Copper: 0.33mg (16.52%), Calcium: 155.27mg (15.53%), Manganese: 0.3mg (14.91%), Vitamin B5: 1.45mg (14.46%), Vitamin K: 12.19µg (11.61%), Vitamin C: 9mg (10.91%), Vitamin A: 374.95IU (7.5%), Fiber: 0.95g (3.81%)