



English Codfish Pie

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1-inch pieces (4 cups)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots diced
- ☐ 0.8 cup celery diced
- ☐ 0.5 cup bottled clam juice
- ☐ 1 pound skinned cod fillets
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 teaspoon fennel seeds
- ☐ 0.3 cup flour all-purpose

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup leek diced
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 0.5 cup 0%-less-fat cream sour
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon stick margarine
- ☐ 2 teaspoons stick margarine

Equipment

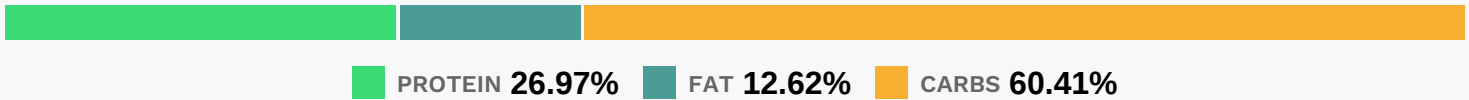
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place potatoes in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and cook 15 minutes or until tender.
- ☐ Place a large nonstick skillet over medium- high heat. Coat fish with cooking spray, and cook 2 minutes on each side or until done; set aside, and keep warm.
- ☐ Drain potatoes, and place in a large bowl; add sour cream and next 5 ingredients, and beat at medium speed of a mixer until smooth. Set aside, and keep warm.
- ☐ Preheat oven to 45

- ☐ Heat 2 teaspoons butter in a large nonstick skillet over medium-high heat.
- ☐ Add carrot, celery, and leek; cook, stirring constantly, 7 minutes.
- ☐ Add garlic; cook 2 minutes.
- ☐ Sprinkle with flour; cook 2 minutes, stirring until well blended.
- ☐ Add clam juice and next 6 ingredients; bring to a boil. Reduce heat, and simmer until thickened, stirring constantly.
- ☐ Spoon mixture into an 11- x 7-inch baking dish coated with cooking spray; top with fish.
- ☐ Spread potato topping over fish and vegetable mixture; coat potato topping with cooking spray, and sprinkle with paprika.
- ☐ Bake at 450 for 18 minutes or until potato topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:130.15, Glycemic Load:40.57, Inflammation Score:-10, Nutrition Score:29.551304547683%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 453.24kcal (22.66%), Fat: 6.11g (9.4%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 65.8g (21.93%), Net Carbohydrates: 60.62g (22.04%), Sugar: 11.43g (12.7%), Cholesterol: 57.43mg (19.14%), Sodium: 1014.58mg (44.11%), Alcohol: 3.09g (100%), Alcohol %: 0.72% (100%), Protein: 29.38g (58.75%), Vitamin A: 5004.53IU (100.09%), Vitamin B6: 1.24mg (62.13%), Selenium: 43.19µg (61.7%), Potassium: 1764.85mg (50.42%), Phosphorus: 458.96mg (45.9%), Manganese: 0.74mg (37.15%), Magnesium: 117.73mg (29.43%), Vitamin B3: 5.77mg (28.87%), Vitamin C: 22.83mg (27.67%), Vitamin B1: 0.41mg (27.09%), Vitamin K: 24.51µg (23.34%), Vitamin B12: 1.37µg (22.81%), Vitamin B2: 0.37mg (21.74%), Folate: 86.43µg (21.61%), Iron: 3.86mg (21.47%), Fiber: 5.18g (20.73%), Calcium: 179.38mg (17.94%), Copper: 0.36mg (17.78%), Vitamin B5: 1.34mg (13.45%), Zinc: 1.8mg (12%), Vitamin E: 1.43mg (9.52%), Vitamin D: 1.04µg (6.93%)