Garlic Roasted Cod with Mashed-Potato Crust

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	589 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 pounds baking potatoes peeled cut into chunks (4)
- [ ] 4 tablespoons butter at room temperature
- [ ] 2 pounds filets
- [ ] 2 teaspoons cooking oil
- [ ] 4 cloves garlic minced
- [ ] 0.5 teaspoon fresh-ground pepper black
- [ ] 0.5 cup heavy cream light
- [ ] 1.3 teaspoons salt

Equipment

- [ ] sauce pan
- [ ] oven
- [ ] roasting pan
- [ ] broiler

Directions

- [ ] Heat the oven to 45
- [ ] Put the potatoes in a medium saucepan of salted water. Bring to a boil and continue boiling until tender, about 15 minutes.
- [ ] Drain the potatoes and put them back into the saucepan along with 3/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Mash the potatoes over very low heat, gradually incorporating the butter and cream.
- [ ] Rub the cod with the oil and sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- [ ] Put the cod in a large roasting pan, sprinkle the fillets with the garlic, and then spread with the mashed potatoes. Roast until the fish is nearly done, 8 to 10 minutes for 3/4-inch-thick fillets.
- [ ] Heat the broiler. Broil the fish until the mashed potatoes have a golden brown crust, about 2 minutes.
- [ ] Fish Alternatives: Use other relatively thick, white-fleshed fillets in place of the cod. Good choices include grouper, haddock, orange roughy, red snapper, and turbot.
- [ ] Wine Recommendation: This comforting dish will find its ideal wine soul mate in just about any chardonnay. Try a bottle from California or a more refined version--a Rully, Montagny, or Mcon-Villages,for example--from southern Burgundy in France.

Nutrition Facts

PROTEIN **31.47%** FAT **39.38%** CARBS **29.15%**

Properties

Glycemic Index:49.19, Glycemic Load:32.55, Inflammation Score:-8, Nutrition Score:27.025217263595%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 589.45kcal (29.47%), Fat: 25.82g (39.72%), Saturated Fat: 14.55g (90.92%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 39.91g (14.51%), Sugar: 2.31g (2.57%), Cholesterol: 161.24mg (53.75%), Sodium: 959.13mg (41.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.43g (92.85%), Selenium: 77.45µg (110.64%), Vitamin B6: 1.39mg (69.34%), Phosphorus: 610.73mg (61.07%), Potassium: 1929.53mg (55.13%), Vitamin B12: 2.14µg (35.59%), Vitamin B3: 7.07mg (35.37%), Magnesium: 128.3mg (32.07%), Vitamin B1: 0.37mg (24.75%), Manganese: 0.47mg (23.72%), Vitamin C: 16.31mg (19.77%), Vitamin A: 881.81IU (17.64%), Vitamin B2: 0.29mg (16.86%), Vitamin D: 2.52µg (16.78%), Iron: 2.93mg (16.26%), Vitamin E: 2.43mg (16.18%), Copper: 0.31mg (15.66%), Folate: 49.37µg (12.34%), Fiber: 3.07g (12.3%), Zinc: 1.8mg (12.01%), Vitamin B5: 1.14mg (11.42%), Calcium: 95.75mg (9.58%), Vitamin K: 8.13µg (7.74%)