



Glazed Cod with Asparagus and Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus trimmed cut in half crosswise
- ☐ 1 pound cod black
- ☐ 0.3 cup hoisin sauce
- ☐ 4 servings kosher salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 4 ounces mushroom caps
- ☐ 1 cup rice long-grain white

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Cook the rice according to the package directions. Adjust an oven rack to the middle position and heat broiler.
- ☐ Mix the hoisin sauce and 1 tablespoon water in a small bowl.
- ☐ Place the fish, skin-side down, on a foil-lined baking pan and spread the sauce over the top. Toss the asparagus, mushrooms, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl. Scatter the vegetables evenly around the fish. Broil, stirring the vegetables once, until they are tender and the fish is cooked through and opaque, 6 to 8 minutes, depending on thickness. Slide a spatula between the skin and the fish. Divide the fish among individual plates, discarding the skin.
- ☐ Serve with the vegetables and rice.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:23.29, Inflammation Score:-7, Nutrition Score:21.560434610947%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 379.07kcal (18.95%), Fat: 8.63g (13.27%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 46.71g (16.98%), Sugar: 7.55g (8.39%), Cholesterol: 53.81mg (17.94%), Sodium: 823.1mg

(35.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.62%), Selenium: 37.49µg (53.55%), Vitamin K: 51.52µg (49.07%), Phosphorus: 469.09mg (46.91%), Manganese: 0.81mg (40.27%), Vitamin B12: 2.25µg (37.42%), Vitamin B3: 4.39mg (21.95%), Vitamin B6: 0.41mg (20.27%), Vitamin E: 3mg (20%), Copper: 0.4mg (20%), Folate: 78.24µg (19.56%), Vitamin B2: 0.33mg (19.55%), Potassium: 655.48mg (18.73%), Iron: 3.31mg (18.38%), Vitamin A: 865.12IU (17.3%), Fiber: 4.17g (16.69%), Vitamin B1: 0.24mg (15.79%), Vitamin B5: 1.55mg (15.5%), Magnesium: 59.92mg (14.98%), Zinc: 1.82mg (12.1%), Vitamin C: 6.42mg (7.78%), Calcium: 55.49mg (5.55%), Vitamin D: 0.68µg (4.54%)