



Grape Jelly-Glazed Black Cod

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 24 ounce filets skinless black
- 4 servings rice white cooked for serving
- 0.3 cup grape jelly
- 1 tablespoon orange zest finely grated
- 3 scallions finely chopped
- 0.3 cup soya sauce

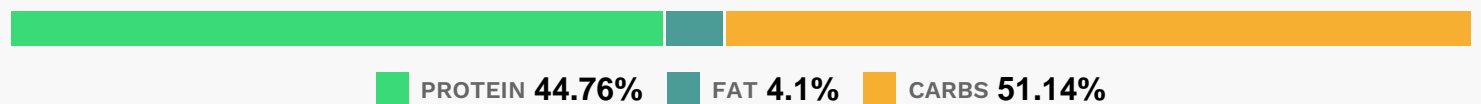
Equipment

- baking sheet
- sauce pan
- pot
- aluminum foil
- broiler
- ziploc bags

Directions

- Place the soy, jelly and vinegar in a small saucepan over low heat, stirring until the jelly melts, about 1 minute.
- Let the glaze cool, and then place in a resealable plastic bag with the cod. Marinate in the refrigerator about 1 hour.
- Preheat the broiler. Line a baking sheet with foil.
- Remove the cod from the marinade and place the marinade in a small saucepan.
- Transfer the cod to the prepared baking sheet. Bring the glaze to a boil and turn off the heat.
- Remove 2 tablespoons of the glaze from the pot, reserving the rest for serving, and brush the cod with the glaze. Broil the cod about 5 inches from the heat, brushing with additional glaze halfway through, until just cooked through, 5 to 7 minutes depending on the thickness of the fish. It should feel just firm to the touch.
- Stir together the scallions and zest and sprinkle over the fish.
- Serve with rice and the reserved glaze.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:32.45, Inflammation Score:-5, Nutrition Score:17.098260786222%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 320.71kcal (16.04%), Fat: 1.42g (2.18%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 39.69g (13.23%), Net Carbohydrates: 38.59g (14.03%), Sugar: 11.48g (12.76%), Cholesterol: 73.14mg (24.38%), Sodium: 1181.81mg (51.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.47%), Selenium: 62.88µg (89.82%), Phosphorus: 412.84mg (41.28%), Vitamin B6: 0.54mg (27.06%), Manganese: 0.52mg (26.15%), Vitamin B12: 1.55µg (25.8%), Potassium: 820mg (23.43%), Vitamin B3: 4.66mg (23.29%), Magnesium: 75.1mg (18.78%), Vitamin K: 18.8µg (17.9%), Vitamin B1: 0.17mg (11.11%), Vitamin B2: 0.17mg (10.29%), Vitamin D: 1.53µg (10.21%), Vitamin C: 7.3mg (8.85%), Zinc: 1.29mg (8.6%), Iron: 1.54mg (8.57%), Vitamin E: 1.2mg (7.99%), Copper: 0.16mg (7.97%), Vitamin B5: 0.66mg (6.59%), Folate: 26.3µg (6.58%), Calcium: 53.21mg (5.32%), Fiber: 1.1g (4.39%), Vitamin A: 164.07IU (3.28%)