



WHATSheATE



Grilled Black Cod with Fried Garlic and Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pepper dried red crumbled crushed
- ☐ 6 servings kosher salt
- ☐ 42 ounce filets black ()
- ☐ 4 garlic clove thinly sliced
- ☐ 6 tablespoons olive oil extra virgin spanish extra-virgin (preferably)
- ☐ 3 tablespoons parsley fresh italian chopped

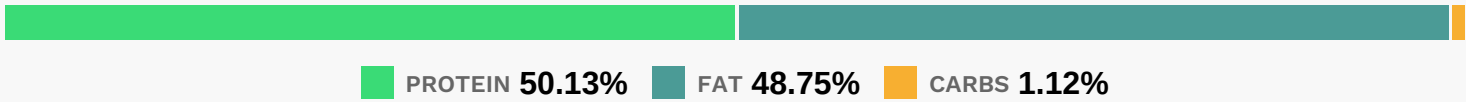
Equipment

- ☐ grill

Directions

- ☐ Lightly brush fish grill basket with oil (if using), or brush grill rack with oil, and prepare barbecue (medium-high heat).
- ☐ Sprinkle fish on both sides with coarse salt and pepper.
- ☐ Place fish in grill basket (if using) or directly on grill rack, skin side down. Grill fish until opaque in center, 4 to 5 minutes per side.
- ☐ Transfer to platter; cover to keep warm.
- ☐ Heat 6 tablespoons oil in small skillet over high heat.
- ☐ Add garlic and sauté until fragrant and light golden, about 1 minute.
- ☐ Add crumbled chile or crushed red pepper; stir 15 seconds. Immediately pour garlic chile oil over fish.
- ☐ Sprinkle with chopped parsley and serve.
- ☐ The traditional chile for the garlic sauce is guindilla, a small, elongated, medium-hot Spanish chile that's usually sold dried. This chile may be difficult to find, but ordinary dried crushed red pepper makes an excellent substitute.

Nutrition Facts



Properties

Glycemic Index: 10.33, Glycemic Load: 0.21, Inflammation Score: -5, Nutrition Score: 16.739999935679%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 290.23kcal (14.51%), Fat: 15.36g (23.63%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.04g (0.04%), Cholesterol: 85.33mg (28.44%), Sodium: 302.96mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.06%), Selenium: 65.98µg (94.25%), Phosphorus: 407.12mg (40.71%), Vitamin K: 41.48µg (39.5%), Vitamin B12: 1.81µg (30.1%), Vitamin B6: 0.51mg (25.66%),

Potassium: 839.19mg (23.98%), Vitamin E: 3.31mg (22.06%), Vitamin B3: 4.14mg (20.68%), Magnesium: 65.03mg (16.26%), Vitamin D: 1.79µg (11.91%), Vitamin B1: 0.16mg (10.44%), Vitamin B2: 0.13mg (7.84%), Vitamin C: 5.27mg (6.39%), Zinc: 0.94mg (6.26%), Iron: 1mg (5.53%), Vitamin A: 252.98IU (5.06%), Folate: 17µg (4.25%), Calcium: 38.45mg (3.84%), Manganese: 0.07mg (3.36%), Vitamin B5: 0.32mg (3.24%), Copper: 0.06mg (3.24%)