



Grilled Cod

 **Gluten Free**

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cajun spice
- ☐ 16 ounce fillets cod cut in half
- ☐ 2 tablespoons green onion chopped (white part only)
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 juice of lemon juiced
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.3 teaspoon salt

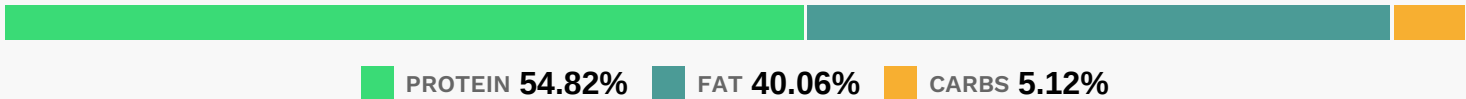
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Stack about 15 charcoal briquettes into a grill in a pyramid shape. If desired, drizzle coals lightly with lighter fluid and allow to soak for 1 minute before lighting coals with a match. Allow fire to spread to all coals, about 10 minutes, before spreading briquettes out into the grill; let coals burn until a thin layer of white ash covers the coals. Lightly oil the grates.
- ☐ Season both sides of cod with Cajun seasoning, lemon pepper, salt, and black pepper. Set fish aside on a plate.
- ☐ Heat butter in a small saucepan over medium heat, stir in lemon juice and green onion, and cook until onion is softened, about 3 minutes.
- ☐ Place cod onto oiled grates and grill until fish is browned and flakes easily, about 3 minutes per side; baste with butter mixture frequently while grilling. Allow cod to rest off the heat for about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:10.558260772539%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 151.66kcal (7.58%), Fat: 6.7g (10.31%), Saturated Fat: 3.79g (23.71%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.45g (0.5%), Cholesterol: 63.81mg (21.27%), Sodium: 253.41mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.25%), Selenium: 37.76µg (53.94%), Phosphorus: 239.68mg (23.97%), Vitamin A: 1114.65IU (22.29%), Vitamin B12: 1.04µg (17.4%), Vitamin B6: 0.32mg (16.09%),

Potassium: 530.93mg (15.17%), Vitamin B3: 2.55mg (12.73%), Magnesium: 41.24mg (10.31%), Vitamin E: 1.43mg (9.53%), Vitamin K: 8.83µg (8.41%), Vitamin D: 1.02µg (6.8%), Vitamin B1: 0.1mg (6.41%), Vitamin B2: 0.1mg (5.99%), Vitamin C: 4.62mg (5.6%), Iron: 0.89mg (4.95%), Manganese: 0.1mg (4.94%), Zinc: 0.61mg (4.08%), Fiber: 0.81g (3.22%), Folate: 12.49µg (3.12%), Calcium: 28.19mg (2.82%), Copper: 0.05mg (2.65%), Vitamin B5: 0.24mg (2.42%)