



Herb & Garlic Broiled Cod

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb filets
- 0.5 tsp garlic powder
- 1 tsp penzey's southwest seasoning dried italian
- 1 Tbsp juice of lemon
- 0.3 cup miracle whip dressing

Equipment

- broiler
- broiler pan

Directions

- Heat broiler.
- Mix dressing and seasonings until blended.
- Place fish on rack of broiler pan sprayed with cooking spray; brush with dressing mixture.
- Broil, 4 inches from heat, 6 to 8 min. or until fish flakes easily with fork.
- Drizzle with lemon juice.

Nutrition Facts

PROTEIN 77.03% **FAT 10.4%** **CARBS 12.57%**

Properties

Glycemic Index:0.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2560869805191%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 29.25kcal (1.46%), Fat: 0.33g (0.5%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.47g (0.52%), Cholesterol: 13.39mg (4.46%), Sodium: 49.92mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Selenium: 10.04µg (14.34%), Phosphorus: 62.28mg (6.23%), Vitamin B12: 0.28µg (4.59%), Vitamin B6: 0.08mg (3.88%), Potassium: 130.75mg (3.74%), Vitamin B3: 0.63mg (3.16%), Magnesium: 10.14mg (2.54%), Vitamin D: 0.27µg (1.81%), Vitamin B1: 0.02mg (1.59%), Vitamin E: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.21%)