



## Hong Kong Marinated Black Cod

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

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bunches green onions divided
- 1 tablespoon orange rind grated
- 0.3 cup white wine (sake)
- 20 ounce sablefish fillets thick-cut black
- 0.5 cup soya sauce
- 6 tablespoons sugar

### Equipment

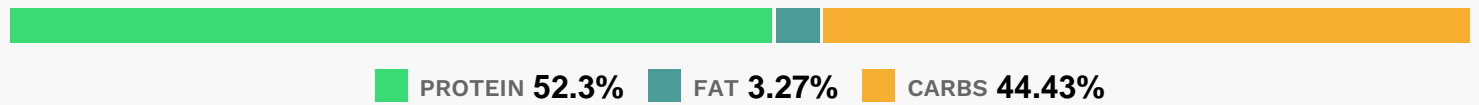
- oven

baking pan

## Directions

- Chop 1 bunch green onions, and combine with next 4 ingredients in a shallow dish.
- Add the fish, and marinate 3 hours in the refrigerator, turning occasionally.
- Trim remaining bunch of green onions, and place in a baking dish. Discard marinade; wipe fillets, and place atop green onions in dish.
- Bake at 400 for 10 to 15 minutes or until the fish starts to flake.

## Nutrition Facts



## Properties

Glycemic Index:33.02, Glycemic Load:13.01, Inflammation Score:-4, Nutrition Score:12.3308693948%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 202.1kcal (10.11%), Fat: 0.69g (1.07%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.49g (7.45%), Sugar: 18.88g (20.98%), Cholesterol: 66.62mg (22.21%), Sodium: 2052.33mg (89.23%), Alcohol: 1.54g (100%), Alcohol %: 0.9% (100%), Protein: 24.95g (49.89%), Selenium: 32.9µg (47%), Vitamin B12: 2.81µg (46.78%), Phosphorus: 443.47mg (44.35%), Vitamin K: 24.9µg (23.71%), Vitamin B3: 2.79mg (13.95%), Potassium: 441.9mg (12.63%), Vitamin B6: 0.24mg (12.07%), Magnesium: 44.18mg (11.04%), Manganese: 0.2mg (9.96%), Vitamin B2: 0.12mg (7.32%), Iron: 1.16mg (6.42%), Folate: 23.42µg (5.86%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.55mg (5.49%), Vitamin C: 4.3mg (5.21%), Vitamin B1: 0.07mg (4.87%), Vitamin D: 0.71µg (4.72%), Zinc: 0.63mg (4.23%), Copper: 0.08mg (3.96%), Calcium: 29.72mg (2.97%), Fiber: 0.7g (2.81%), Vitamin A: 134.44IU (2.69%)