



 **100%**
HEALTH SCORE

Maple-Glazed Cod with Baby Bok Choy

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 heads bok choy halved
- 1 tablespoon canola oil
- 24 ounce filets skinless
- 0.3 teaspoon pepper red crushed
- 1 tablespoon ginger fresh chopped
- 3 garlic cloves minced
- 1 tablespoon soya sauce low-sodium
- 2 tablespoons maple syrup

- 2 tablespoons mirin
- 1 tablespoon rice wine vinegar
- 4 teaspoons scallion chopped
- 1 teaspoon sesame oil
- 2 teaspoons sesame seed toasted

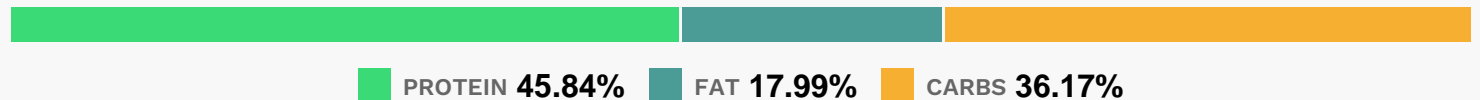
Equipment

- frying pan
- baking sheet
- aluminum foil
- glass baking pan

Directions

- In a glass baking dish, combine maple syrup, 1 tablespoon low-sodium soy sauce, sesame oil and crushed red pepper; add cod fillets and coat in sauce. Refrigerate 30 minutes to 2 hours.
- Transfer fish to a foil-lined baking sheet. Roast at 475 until cooked through and slightly browned (9-10 minutes). Meanwhile, heat canola oil in a large skillet over medium-high heat; add minced garlic and ginger and cook, stirring, until fragrant (1 minute).
- Add bok choy, mirin, 1 tablespoon low-sodium soy sauce, and vinegar, and cook, stirring, until greens are wilted and stalks are tender-crisp (3-4 minutes). Divide bok choy and cod among 4 plates; sprinkle fillets with chopped scallion and toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:62.328261209571%

Flavonoids

Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg, Apigenin: 3.02mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 54.59mg, Kaempferol: 54.59mg, Kaempferol: 54.59mg, Kaempferol: 54.59mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 26.21mg, Quercetin:

26.21mg, Quercetin: 26.21mg, Quercetin: 26.21mg

Nutrients (% of daily need)

Calories: 397.03kcal (19.85%), Fat: 8.71g (13.41%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 26.51g (9.64%), Sugar: 22.99g (25.55%), Cholesterol: 73.14mg (24.38%), Sodium: 1123.95mg (48.87%), Alcohol: 0.85g (100%), Alcohol %: 0.07% (100%), Protein: 49.96g (99.92%), Vitamin A: 56422.14IU (1128.44%), Vitamin C: 569.87mg (690.75%), Vitamin K: 580.41µg (552.78%), Folate: 847.81µg (211.95%), Vitamin B6: 2.91mg (145.5%), Calcium: 1378.51mg (137.85%), Manganese: 2.35mg (117.48%), Potassium: 3943.28mg (112.67%), Selenium: 63.36µg (90.51%), Phosphorus: 829.74mg (82.97%), Magnesium: 304.14mg (76.04%), Vitamin B2: 1.14mg (66.91%), Iron: 11.04mg (61.32%), Fiber: 12.92g (51.69%), Vitamin B3: 9.96mg (49.81%), Vitamin B1: 0.66mg (43.72%), Vitamin B12: 1.55µg (25.8%), Zinc: 3.38mg (22.56%), Vitamin E: 2.93mg (19.55%), Copper: 0.37mg (18.44%), Vitamin B5: 1.4mg (14.02%), Vitamin D: 1.53µg (10.21%)