



Marinated Cod on Crouton

 Dairy Free

READY IN



175 min.

SERVINGS



18

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette loaf
- ☐ 1 ounce caviar black
- ☐ 36 ounces filets
- ☐ 1 tablespoon ginger fresh with the tip of a spoon) minced
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons grapeseed oil
- ☐ 1 cup honey (acacia, or your choice of honey)

- ☐ 0.8 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup reduced sodium soy sauce
- ☐ 2 to 3 scallions minced
- ☐ 2 scallions white green minced (and tender parts only)
- ☐ 2 teaspoons relish sweet drained
- ☐ 0.3 cup teriyaki sauce
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

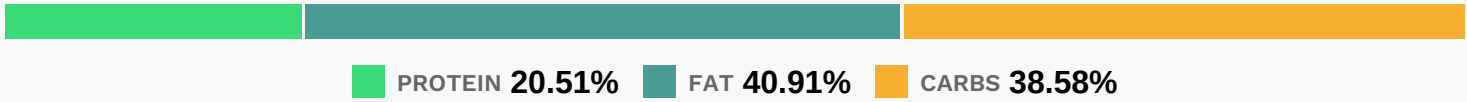
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Combine the garlic, ginger, scallions, honey, soy sauce, grapeseed oil and vinegar in a mixing bowl. Marinate the fish fillets in this mixture for at least 2 hours, preferably overnight, refrigerated.
- ☐ Transfer the cod and marinade to a shallow pan and slowly poach the fish over low heat until it is fork tender, 10 to 20 minutes.
- ☐ Slice the baguette into 18 pieces and lay out on a baking sheet.
- ☐ Brush with olive oil.
- ☐ Preheat oven to 450 degrees F.
- ☐ Remove fish to a utility platter and flake.
- ☐ Transfer flaked cod to a strainer set over a bowl to drain excess moisture. Discard this excess liquid and put the flaked cod into the bowl.

- ☐
- In another small bowl, combine mayonnaise, scallions and relish to make a tartar sauce.Gently fold this tartar sauce into the flaked fish to help bind it.
- ☐
- Put the cod on the crouton and place in oven until the fish has a golden brown hue.
- ☐
- Remove from oven and garnish with each appetizer with 1/8 teaspoon caviar and a small amount of parsley before serving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:12.77, Inflammation Score:-3, Nutrition Score:8.3130434233209%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 243.04kcal (12.15%), Fat: 11.16g (17.17%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 23.68g (7.9%), Net Carbohydrates: 23.23g (8.45%), Sugar: 16.98g (18.87%), Cholesterol: 37.56mg (12.52%), Sodium: 486.22mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Selenium: 22.66µg (32.37%), Vitamin K: 29.91µg (28.49%), Phosphorus: 150.5mg (15.05%), Vitamin B12: 0.84µg (14.04%), Vitamin B3: 1.94mg (9.71%), Vitamin E: 1.45mg (9.65%), Vitamin B6: 0.18mg (8.91%), Vitamin B1: 0.13mg (8.85%), Potassium: 300.28mg (8.58%), Magnesium: 32.89mg (8.22%), Vitamin B2: 0.11mg (6.74%), Iron: 1.19mg (6.61%), Folate: 24.77µg (6.19%), Manganese: 0.11mg (5.7%), Vitamin D: 0.57µg (3.83%), Calcium: 34.96mg (3.5%), Zinc: 0.49mg (3.25%), Copper: 0.05mg (2.68%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 113.81IU (2.28%), Vitamin C: 1.84mg (2.23%), Fiber: 0.46g (1.84%)