



Miso-Glazed Black Cod on Sunflower Sprouts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce filets skinless black
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.5 cup spring onion divided chopped
- ☐ 0.3 cup rice wine sweet (Japanese rice wine)
- ☐ 4 teaspoons sesame oil divided toasted (such as Asian)
- ☐ 5 ounces sunflower sprouts
- ☐ 3 tablespoons rice vinegar divided
- ☐ 0.3 cup miso white (fermented soybean paste)

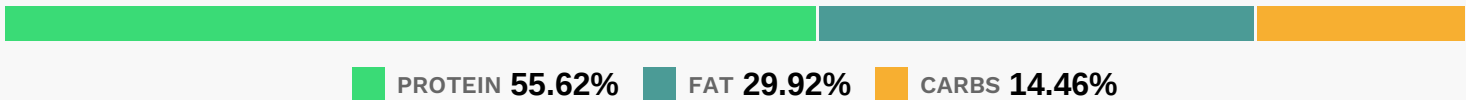
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Whisk miso, 1/4 cup mirin, 2 tablespoons vinegar, ginger, and 2 teaspoons sesame oil in small bowl to blend.
- ☐ Place fish in 8x8x2-inch glass baking dish.
- ☐ Pour miso mixture over; turn to coat.
- ☐ Let stand 30 minutes at room temperature.
- ☐ Preheat broiler. Line baking sheet with foil; brush with 1 teaspoon oil.
- ☐ Place fish on foil; pour marinade over fish. Broil until fish is cooked through and brown in spots, about 6 minutes.
- ☐ Meanwhile, mix remaining 1 teaspoon mirin, 1 tablespoon vinegar, 1 teaspoon sesame oil, and 1/4 cup green onions in medium bowl.
- ☐ Add sunflower sprouts; toss to coat. Divide salad among 4 plates; top with fish and sprinkle with remaining green onions.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:3.07, Inflammation Score:-5, Nutrition Score:16.644347854283%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 250.94kcal (12.55%), Fat: 8.23g (12.67%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 6.9g (2.51%), Sugar: 1.78g (1.97%), Cholesterol: 73.14mg (24.38%), Sodium: 949.64mg (41.29%), Alcohol: 2.41g (100%), Alcohol %: 1.11% (100%), Protein: 34.43g (68.86%), Selenium: 58.28µg (83.25%), Phosphorus: 388.93mg (38.89%), Vitamin K: 33.31µg (31.72%), Vitamin B12: 1.57µg (26.1%), Vitamin B6: 0.48mg (23.78%), Potassium: 803.64mg (22.96%), Vitamin B3: 3.81mg (19.04%), Magnesium: 70.46mg (17.61%), Iron: 3.11mg (17.26%), Manganese: 0.26mg (12.85%), Vitamin B1: 0.16mg (10.63%), Vitamin B2: 0.18mg (10.3%), Vitamin D: 1.53µg (10.21%), Zinc: 1.42mg (9.45%), Copper: 0.16mg (8.21%), Fiber: 2.05g (8.19%), Vitamin E: 1.22mg (8.17%), Folate: 24.65µg (6.16%), Calcium: 51.31mg (5.13%), Vitamin C: 4.23mg (5.12%), Vitamin A: 212.6IU (4.25%), Vitamin B5: 0.35mg (3.54%)