

Miso-Marinated Cod with Fava Beans

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 tbsp canola oil (or corn)
- 20 oz filets
- 2 cups avarakkai / broad beans fresh shelled peeled (or peas)
- 2 tbsp cilantro leaves fresh roughly chopped
- 2 tsp thyme sprigs fresh finely chopped
- 1 tbsp ginger peeled finely chopped
- 1 tbsp shallots thinly sliced finely chopped

- 1 tbsp butter unsalted
- 1 cup miso white

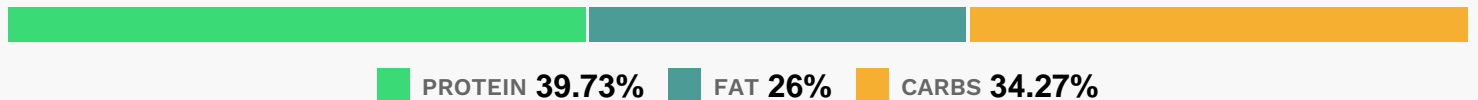
Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon

Directions

- Stir together miso, ginger, cilantro and 1 tbsp shallot in a bowl. Coat each fillet with mixture; cover and refrigerate 6 hours. Bring fava beans, broth, 1/2 cup shallots and thyme to a boil in a medium saucepan. Lower heat; simmer until beans are very tender, about 10 minutes. (If using peas, simmer 5 minutes.)
- Drain excess broth, leaving just enough to cover beans. Stir in butter; season with salt and pepper.
- Remove cod from marinade.
- Heat oil in a large nonstick skillet. Cook cod until well browned and firm, turning once, about 4 minutes per side. Using a slotted spoon, divide fava beans among 4 plates; top with cod.
- Serve immediately.
- Self

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:15.59, Inflammation Score:-8, Nutrition Score:23.678695647613%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 406.15kcal (20.31%), Fat: 11.83g (18.2%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 26.56g (9.66%), Sugar: 6.04g (6.71%), Cholesterol: 68.58mg (22.86%), Sodium: 2646.23mg (115.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.67g (81.33%), Selenium: 54.03µg (77.18%), Phosphorus: 506.94mg (50.69%), Manganese: 1mg (50.08%), Fiber: 8.5g (34.02%), Magnesium: 117.12mg (29.28%), Folate: 112.85µg (28.21%), Potassium: 978.86mg (27.97%), Copper: 0.56mg (27.97%), Vitamin B6: 0.56mg (27.94%), Vitamin K: 26.3µg (25.05%), Vitamin B12: 1.35µg (22.52%), Zinc: 3.28mg (21.9%), Vitamin B3: 4.18mg (20.91%), Iron: 3.65mg (20.28%), Vitamin B2: 0.33mg (19.57%), Vitamin B1: 0.26mg (17.34%), Vitamin E: 1.64mg (10.92%), Calcium: 96.72mg (9.67%), Vitamin D: 1.33µg (8.86%), Vitamin B5: 0.6mg (6.01%), Vitamin A: 251.12IU (5.02%), Vitamin C: 2.65mg (3.22%)