



Orange and Fennel Roasted Cod

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

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds filets
- 1 tablespoon cooking oil
- 2 pound fennel bulbs
- 0.3 teaspoon fennel seeds
- 0.5 teaspoon fresh-ground pepper black
- 0.3 cup orange juice fresh
- 1 teaspoon orange zest grated
- 1 teaspoon salt

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Heat the oven to 450°F.
- Cut off the tops of the fennel bulbs and chop the leafy fronds.
- Cut each bulb into 8 wedges. In a large roasting pan, toss the fennel wedges with the oil and 1/4 teaspoon each of the salt and pepper.
- Spread the fennel in an even layer and roast for 25 minutes. Stir the fennel and rotate the pan so the vegetables cook evenly. Roast 15 minutes longer.
- Meanwhile, in a glass or stainless-steel bowl, combine the orange juice, orange zest, fennel seeds, and the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper.
- Add the cod and marinate while the fennel roasts.
- Remove the pan from the oven and top the fennel with the cod and its marinade. Roast until the cod is just done, about 10 minutes for 3/4-inch-thick fillets.
- Sprinkle the chopped fennel fronds over the cod.
- Fish Alternatives: Use other relatively thick, white-fleshed fillets in place of the cod. Try haddock, sea bass, or orange roughy.
- Fennel Fronds
- The wispy leaves on the top of fennel bulbs have a mild anise flavor and can be used like an herb. Some grocers cut this part off, but if you can find fennel with the fronds still attached, they're a bonus. If not, the dish will taste just fine without them.
- Wine Recommendation: Fennel is particularly nice when paired with a full-flavored acidic white such as a chenin blanc or sauvignon blanc. Look for a Vouvray (made from chenin blanc) or Sancerre (made from sauvignon blanc), both produced in the Loire Valley in France.

Nutrition Facts



■ PROTEIN **58.34%** ■ FAT **16.74%** ■ CARBS **24.92%**

Properties

Glycemic Index:32.25, Glycemic Load:5.14, Inflammation Score:-7, Nutrition Score:30.129565280417%

Flavonoids

Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 295.74kcal (14.79%), Fat: 5.53g (8.51%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 11.29g (4.11%), Sugar: 10.22g (11.35%), Cholesterol: 97.52mg (32.51%), Sodium: 822.1mg (35.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.37g (86.73%), Vitamin K: 145.58µg (138.64%), Selenium: 76.69µg (109.56%), Phosphorus: 577.54mg (57.75%), Potassium: 1913.22mg (54.66%), Vitamin C: 37.94mg (45.99%), Vitamin B12: 2.06µg (34.4%), Vitamin B6: 0.67mg (33.53%), Vitamin B3: 6.21mg (31.04%), Fiber: 7.23g (28.91%), Magnesium: 113.87mg (28.47%), Manganese: 0.51mg (25.55%), Vitamin E: 3.39mg (22.6%), Folate: 81.95µg (20.49%), Calcium: 152.89mg (15.29%), Iron: 2.6mg (14.47%), Vitamin B1: 0.21mg (14.02%), Vitamin D: 2.04µg (13.61%), Vitamin B2: 0.23mg (13.29%), Copper: 0.23mg (11.28%), Zinc: 1.49mg (9.95%), Vitamin B5: 0.91mg (9.09%), Vitamin A: 429.26IU (8.59%)