

 **100%**
HEALTH SCORE

Oriental cod & vegetables

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

READY IN

**25 min.**

SERVINGS

**2**

CALORIES

**334 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g baby corns halved
- ☐ 85 g mushroom caps halved
- ☐ 2 tsp soya sauce dark
- ☐ 1 tbsp rice wine
- ☐ 1 tbsp clear honey
- ☐ 1 garlic clove thinly sliced
- ☐ 0.5 to 5 chillies red thinly sliced
- ☐ 0.5 ginger fresh cut into matchsticks

- ☐ 2 heads bok choy halved
- ☐ 10 oz filets boneless skinless

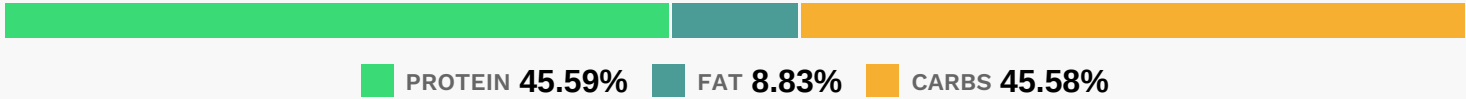
Equipment

- ☐ baking paper

Directions

- ☐ Line the base and sides of a steamer with a large sheet of baking paper.
- ☐ Add the corn and mushrooms in an even layer, then sit the cod on top.
- ☐ Mix the soy, rice wine and honey with the garlic, chilli and ginger, then spoon half over the fish.
- ☐ Lay the pak choy over the cod and drizzle with the remaining soy mixture.
- ☐ Add water to the base of the steamer, cover tightly and steam for 10–15 mins or until the cod flakes easily.
- ☐ Serve the cod and veg with its juices and rice.

Nutrition Facts



Properties

Glycemic Index:122.39, Glycemic Load:10.07, Inflammation Score:-10, Nutrition Score:55.699130307073%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 36.38mg, Kaempferol: 36.38mg, Kaempferol: 36.38mg, Kaempferol: 36.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg

Nutrients (% of daily need)

Calories: 334.39kcal (16.72%), Fat: 3.55g (5.46%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 30.49g (11.09%), Sugar: 22.22g (24.68%), Cholesterol: 60.95mg (20.32%), Sodium: 964.02mg (41.91%), Alcohol: 1.21g (100%), Alcohol %: 0.14% (100%), Protein: 41.28g (82.57%), Vitamin A: 37806.91IU (756.14%), Vitamin C: 398.53mg (483.07%), Vitamin K: 384.11µg (365.82%), Folate: 583.74µg (145.93%), Vitamin B6: 2.25mg (112.67%), Calcium: 913.58mg (91.36%), Potassium: 2993.63mg (85.53%), Manganese: 1.61mg (80.7%), Selenium: 54.14µg (77.35%), Phosphorus: 695.27mg (69.53%), Magnesium: 231.28mg (57.82%), Vitamin B3: 9.9mg (49.5%),

Vitamin B2: 0.82mg (48.33%), Iron: 7.97mg (44.28%), Fiber: 10.79g (43.15%), Vitamin B1: 0.5mg (33.65%), Vitamin B12: 1.29µg (21.5%), Zinc: 3.04mg (20.25%), Vitamin B5: 2mg (19.95%), Copper: 0.33mg (16.64%), Vitamin E: 1.78mg (11.9%), Vitamin D: 1.45µg (9.64%)