



HEALTH SCORE

56%

Pacific Black Cod Escabeche



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup olive oil extra virgin divided
- ☐ 2 bell peppers green red yellow julienned seeded
- ☐ 1 onion white julienned
- ☐ 1 carrots julienned
- ☐ 1 scotch bonnet chili minced seeded
- ☐ 1 cup cider vinegar white
- ☐ 0.8 pound pacific cod fillets black cut into 4 inch pieces (sablefish)
- ☐ 4 servings salt and pepper

- ☐ 0.5 cup flour for dredging
- ☐ 1 bay leaf
- ☐ 6 allspice

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ casserole dish

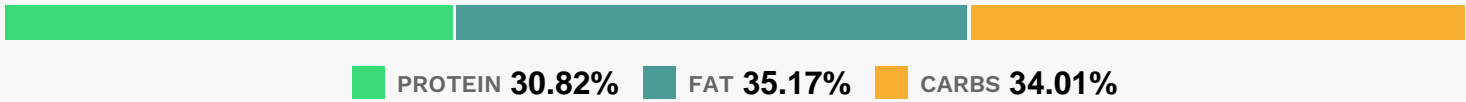
Directions

- ☐ Make the escabeche vegetable vinegar mix:
- ☐ Heat 1/2 cup olive oil in a large sauté pan on medium high heat (do not be tempted to cut back on this amount of oil, it is needed for the marinade). Sauté the bell peppers, onion, carrot and chili until softened, 5–10 minutes. Stir in vinegar, bay leaf, allspice berries, remove from heat, and set aside.
- ☐ Partially cook the fish fillets: Pat the fish fillets dry with a paper towel and sprinkle them on both sides with salt and pepper.
- ☐ Place flour on a plate and dredge the fillets in the flour on both sides.
- ☐ Heat remaining 1/4 cup of oil a frying pan on high heat. When the oil is hot (but not smoking), add the fish fillets to the pan. Cook on one side for 1–2 minutes, then flip and cook the other side for 1–2 minutes.
- ☐ Remove the fish from the pan when they are only half-cooked through, as the vinegar in the marinade will finish the cooking process.
- ☐ Cover fish with vegetable vinegar mixture:
- ☐ Place the partially cooked fish fillets in a non-reactive dish, such as a ceramic or pyrex casserole dish. Spoon the vinegar vegetable mix over and around the fish. Refrigerate overnight.
- ☐ The fish will finish "cooking" in the acidic marinade and will become firmer.
- ☐ Serve: Bring to room temperature before serving.
- ☐ Serve on a small plate, or on a crostini for an appetizer. Or add to a cheese taco (cheddar in softened corn tortilla) for a quick fish taco.

☐

Will last several days in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:64.71, Glycemic Load:10.17, Inflammation Score:-9, Nutrition Score:17.270869524583%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 241.39kcal (12.07%), Fat: 9.01g (13.87%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.21g (6.26%), Sugar: 3.73g (4.15%), Cholesterol: 36.57mg (12.19%), Sodium: 256.93mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.55%), Vitamin C: 55.29mg (67.01%), Vitamin A: 2828.54IU (56.57%), Selenium: 33.68µg (48.11%), Phosphorus: 220.79mg (22.08%), Vitamin B6: 0.42mg (20.8%), Manganese: 0.41mg (20.48%), Potassium: 614.53mg (17.56%), Vitamin B1: 0.25mg (16.39%), Vitamin B3: 3.18mg (15.9%), Vitamin E: 2.06mg (13.76%), Vitamin B12: 0.77µg (12.9%), Folate: 49.29µg (12.32%), Vitamin K: 11.88µg (11.32%), Magnesium: 44.98mg (11.25%), Vitamin B2: 0.17mg (9.87%), Fiber: 2.4g (9.62%), Iron: 1.57mg (8.71%), Copper: 0.11mg (5.61%), Vitamin D: 0.77µg (5.1%), Zinc: 0.69mg (4.57%), Calcium: 39.19mg (3.92%), Vitamin B5: 0.34mg (3.38%)