



Pan-Roasted Cod with Roasted Tomatoes and Leeks

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup chicken broth fat-free low-sodium
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 4 servings garnish: herbs fresh
- ☐ 4 leeks split white green trimmed (and 2 to 3 inches of parts)

- ☐ 3 tablespoons juice of lemon fresh (1 lemon)
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper divided freshly ground
- ☐ 4 plum tomatoes cored cut in half lengthwise
- ☐ 24 ounces salmon fillet 1-inch-thick , skin on ()
- ☐ 0.8 teaspoon sea salt divided

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400
- ☐ Place tomatoes and leeks in a roasting pan; drizzle with 2 tablespoons olive oil, vinegar, rosemary, 1/4 teaspoon sea salt, and 1/4 teaspoon pepper. Toss gently to coat. Roast at 400 for 25 minutes, stirring leeks once halfway through cook time or until leeks are tender and tomato begins to shrivel.
- ☐ Season fish fillets with 1 tablespoon olive oil, 1/2 teaspoon sea salt, and 1/4 teaspoon pepper. Melt butter with remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Place fillets, skin side down, in pan; reduce heat to medium, and cook for 4 minutes, without moving fish. Carefully turn fillets over; and drizzle lemon juice over fish. Cook 2 to 3 minutes or until fish flakes easily with a fork, spooning pan liquid over fish while cooking.
- ☐ Remove fish from pan, and cover loosely to keep warm.
- ☐ Add wine and broth to pan, and increase heat to medium-high. Reduce sauce to 1/4 cup (about 5 minutes) and until sauce is slightly thick and bubbly.
- ☐ Place fillets on a platter or four individual plates, spooning sauce over and around fish; arrange leek and tomato mixture on each plate, and garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts

 **PROTEIN 29.2%**  **FAT 56.42%**  **CARBS 14.38%**

Properties

Glycemic Index:62.25, Glycemic Load:4.69, Inflammation Score:-9, Nutrition Score:38.604782850846%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 514.77kcal (25.74%), Fat: 30.97g (47.64%), Saturated Fat: 7.27g (45.41%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 15.17g (5.52%), Sugar: 6.35g (7.06%), Cholesterol: 108.6mg (36.2%), Sodium: 697.94mg (30.35%), Alcohol: 3.09g (100%), Alcohol %: 0.93% (100%), Protein: 36.07g (72.13%), Vitamin K: 121.78µg (115.98%), Vitamin B12: 5.48µg (91.3%), Selenium: 63.73µg (91.04%), Vitamin B6: 1.68mg (83.86%), Vitamin B3: 14.35mg (71.77%), Vitamin A: 2582.79IU (51.66%), Vitamin B2: 0.7mg (41.4%), Phosphorus: 400.82mg (40.08%), Vitamin C: 28.85mg (34.97%), Potassium: 1214.06mg (34.69%), Vitamin B1: 0.47mg (31.4%), Vitamin B5: 3.1mg (31%), Manganese: 0.61mg (30.52%), Folate: 117.98µg (29.49%), Copper: 0.59mg (29.39%), Vitamin E: 3.38mg (22.54%), Magnesium: 88.11mg (22.03%), Iron: 3.91mg (21.74%), Fiber: 2.58g (10.31%), Zinc: 1.4mg (9.37%), Calcium: 93.51mg (9.35%)