



Pan-roasted Tequila-Lime Cod

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 12 ounce filets
- 2 tablespoons cilantro leaves fresh chopped
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil extra-virgin
- 2 servings sea salt
- 1 small serrano chile seeded chopped
- 2 tablespoons tequila

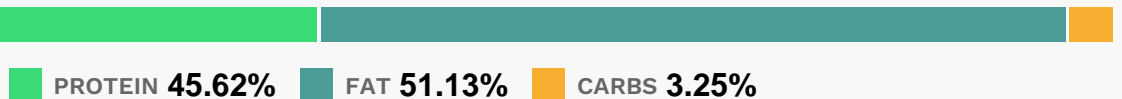
Equipment

- frying pan
- oven

Directions

- Pat fillets dry, and sprinkle lightly with salt and pepper.
- Heat oil in a cast iron or oven-safe skillet over high heat. Sear cod on one side 2 to 3 minutes.
- Remove from heat, and pour tequila into the pan. Swirl tequila around the fish, and quickly light liquid with a long match or lighter. Allow to flame 10 seconds.
- Turn the fillets over, and sprinkle with lime juice and serrano chile. Roast at 425 for 6 to 8 minutes or until flaky and opaque.
- Remove from oven, and sprinkle with cilantro.
- Wine note: A lovely, all-purpose wine to pair with this cod recipe is the Chateau Ste. Michelle 2004 Horse Heaven Sauvignon Blanc (\$18). If you want to expand your vino repertoire, try Drylands Estate Sauvignon Blanc, 2004, Marlborough, New Zealand (\$18), recommended by Michael Flynn, wine director and sommelier for Kinkead's Restaurant in Washington, D.C.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:13.721304258575%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 304.82kcal (15.24%), Fat: 15.17g (23.34%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.94g (0.7%), Sugar: 0.5g (0.55%), Cholesterol: 73.14mg (24.38%), Sodium: 287.03mg (12.48%),

Alcohol: 5.01g (100%), Alcohol %: 2.81% (100%), Protein: 30.46g (60.92%), Selenium: 56.35µg (80.49%), Phosphorus: 350.6mg (35.06%), Vitamin B12: 1.55µg (25.8%), Vitamin B6: 0.44mg (22.07%), Vitamin E: 3.19mg (21.24%), Potassium: 741.87mg (21.2%), Vitamin B3: 3.59mg (17.97%), Magnesium: 57.17mg (14.29%), Vitamin C: 9.91mg (12.01%), Vitamin D: 1.53µg (10.21%), Vitamin K: 10.49µg (9.99%), Vitamin B1: 0.14mg (9.19%), Vitamin B2: 0.12mg (6.93%), Zinc: 0.8mg (5.34%), Iron: 0.8mg (4.42%), Folate: 15.11µg (3.78%), Calcium: 31.67mg (3.17%), Copper: 0.06mg (3.16%), Vitamin B5: 0.3mg (2.98%), Vitamin A: 134.94IU (2.7%), Manganese: 0.05mg (2.64%)