

food
network



HEALTH SCORE

63%

Pan Seared Cilantro Crusted Cod with Horseradish Mashed Potatoes with Caramelized Onions and Sauteed Pattypan Squash



Gluten Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



1112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons balsamic vinegar



0.5 cup cilantro leaves finely chopped



4 fillet cod



3 tablespoons parsley fresh finely chopped



1 teaspoon thyme leaves fresh finely chopped

- ☐ 1 cup heavy cream
- ☐ 3 tablespoons horseradish prepared
- ☐ 2 tablespoons olive oil
- ☐ 3 large onions finely sliced
- ☐ 12 baby vegetables
- ☐ 6 russet potatoes peeled cut into 1-inch dice
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 6 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

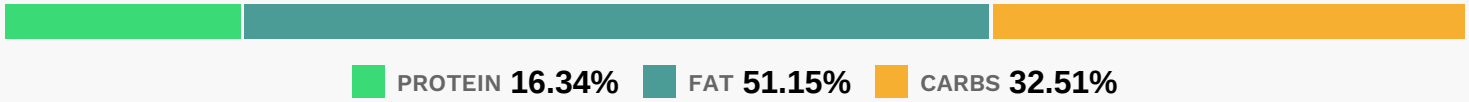
Directions

- ☐ Heat butter in a large skillet over medium heat.
- ☐ Add the onions and cook slowly until deep golden color.
- ☐ Add vinegar and thyme and season with salt and pepper, cook for 2 minutes longer. Cook potatoes in a large pot of salted water until soft.
- ☐ Drain well, add butter, heavy cream and horseradish, mash until smooth. Season with salt and pepper.
- ☐ Place potatoes in a bowl and top with the onions.
- ☐ Heat oil in a medium saute pan.
- ☐ Add squash and saute until just cooked through.
- ☐ Add butter and cook until melted.

- ☐
- Add parsley and season with salt and pepper to taste.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:49.12, Inflammation Score:-10, Nutrition Score:53.981739044189%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 23.9mg, Quercetin: 23.9mg, Quercetin: 23.9mg, Quercetin: 23.9mg

Nutrients (% of daily need)

Calories: 1111.93kcal (55.6%), Fat: 65.19g (100.3%), Saturated Fat: 36.8g (230.03%), Carbohydrates: 93.24g (31.08%), Net Carbohydrates: 80.46g (29.26%), Sugar: 23.44g (26.04%), Cholesterol: 230.63mg (76.88%), Sodium: 578.43mg (25.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.87g (93.74%), Vitamin C: 128.53mg (155.79%), Vitamin B6: 2.25mg (112.37%), Potassium: 3264.82mg (93.28%), Selenium: 61.67µg (88.1%), Vitamin K: 87.81µg (83.62%), Phosphorus: 790.64mg (79.06%), Manganese: 1.53mg (76.4%), Vitamin A: 3516.03IU (70.32%), Magnesium: 268.75mg (67.19%), Folate: 247.08µg (61.77%), Vitamin B1: 0.82mg (54.6%), Fiber: 12.78g (51.13%), Vitamin B3: 10.17mg (50.87%), Copper: 0.98mg (48.79%), Iron: 6.22mg (34.57%), Vitamin B2: 0.54mg (31.57%), Vitamin E: 4.41mg (29.39%), Vitamin B12: 1.71µg (28.56%), Calcium: 258.21mg (25.82%), Zinc: 3.7mg (24.65%), Vitamin B5: 2.11mg (21.14%), Vitamin D: 3.11µg (20.75%)