



Pan-Seared Cod Over Vegetable Ragout

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup torn basil leaves fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 24 ounce cod white firm ()
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups leek chopped
- ☐ 2.5 teaspoons olive oil divided
- ☐ 1 pound plum tomatoes diced

- ☐ 2 ounces pancetta diced
- ☐ 0.3 teaspoon salt
- ☐ 10 ounces shiitake mushroom caps thinly sliced
- ☐ 10 ounce pkt spinach fresh coarsely chopped

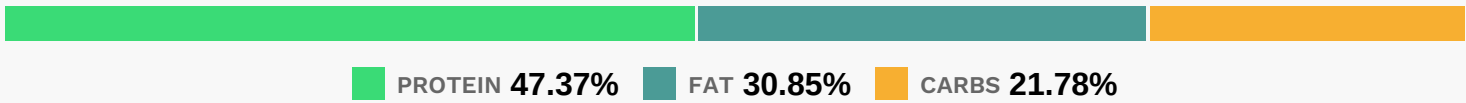
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1/2 teaspoon olive oil in a large nonstick skillet over low heat.
- ☐ Add the prosciutto; saut 5 minutes. Stir in garlic; remove from pan. Set aside.
- ☐ Heat 1 teaspoon olive oil in pan over medium-high heat.
- ☐ Add mushrooms and leek; saut 8 minutes. Stir in tomato, salt, and pepper. Gradually add the spinach to pan, and stir until spinach is wilted (about 3 minutes). Stir in the prosciutto mixture and basil.
- ☐ Remove from pan; cover and keep warm.
- ☐ Heat 1 teaspoon olive oil in pan over medium-high heat. Dredge fillets in flour.
- ☐ Add fillets to pan; saut 3 minutes on each side. Cover and cook 2 minutes or until fish flakes easily when tested with a fork. Divide spinach mixture among 4 plates; top with fillets.

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:42.238260891127%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 337.54kcal (16.88%), Fat: 12.04g (18.52%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 13.61g (4.95%), Sugar: 6.31g (7.02%), Cholesterol: 94.4mg (31.47%), Sodium: 403.08mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.6g (83.19%), Vitamin K: 396µg (377.14%), Vitamin A: 8469.44IU (169.39%), Selenium: 80.01µg (114.3%), Manganese: 1.29mg (64.43%), Folate: 233.5µg (58.38%), Vitamin B3: 11.46mg (57.29%), Vitamin C: 41.24mg (49.99%), Phosphorus: 471.61mg (47.16%), Vitamin B12: 2.76µg (45.97%), Vitamin B6: 0.87mg (43.3%), Potassium: 1511.97mg (43.2%), Vitamin D: 5.61µg (37.42%), Magnesium: 144.64mg (36.16%), Vitamin B2: 0.45mg (26.73%), Iron: 4.57mg (25.4%), Vitamin E: 3.51mg (23.41%), Copper: 0.47mg (23.38%), Fiber: 5.52g (22.07%), Vitamin B5: 2.2mg (22%), Vitamin B1: 0.26mg (17.21%), Zinc: 2.16mg (14.38%), Calcium: 135.97mg (13.6%)