



Perfect Ten Baked Cod

READY IN



35 min.

SERVINGS



4

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 sleeve buttery round crackers crushed ritz® (such as)
- ☐ 1 pound cod loin thick-cut
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon green onion chopped
- ☐ 1 optional: lemon cut into wedges

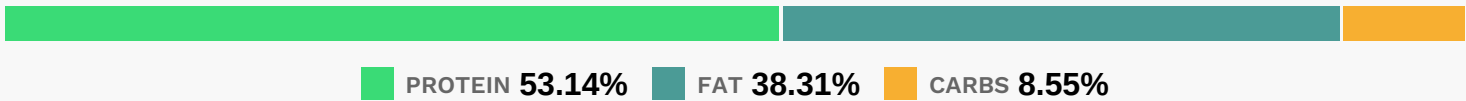
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place 2 tablespoons butter in a microwave–safe bowl; melt in microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.
- ☐ Place remaining 2 tablespoons butter in a 7x11–inch baking dish. Melt in the preheated oven, 1 to 3 minutes.
- ☐ Remove dish from oven.
- ☐ Coat both sides of cod in melted butter in the baking dish.
- ☐ Bake cod in the preheated oven for 10 minutes.
- ☐ Remove from oven; top with lemon juice, wine, and cracker mixture.
- ☐ Place back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes.
- ☐ Garnish baked cod with parsley and green onion.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:0.54, Inflammation Score:–5, Nutrition Score:10.652608653773%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin:

0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 165.99kcal (8.3%), Fat: 6.62g (10.18%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.49g (0.9%), Sugar: 0.9g (1%), Cholesterol: 63.81mg (21.27%), Sodium: 111.64mg (4.85%), Alcohol: 1.54g (100%), Alcohol %: 1.18% (100%), Protein: 20.65g (41.29%), Selenium: 37.76µg (53.94%), Phosphorus: 241.06mg (24.11%), Vitamin C: 17.06mg (20.67%), Vitamin K: 20.36µg (19.39%), Vitamin B12: 1.04µg (17.4%), Vitamin B6: 0.31mg (15.46%), Potassium: 528.05mg (15.09%), Vitamin B3: 2.42mg (12.12%), Magnesium: 40.96mg (10.24%), Vitamin D: 1.02µg (6.8%), Vitamin B1: 0.1mg (6.76%), Vitamin A: 325.42IU (6.51%), Vitamin E: 0.96mg (6.38%), Vitamin B2: 0.09mg (5.11%), Iron: 0.74mg (4.09%), Zinc: 0.57mg (3.8%), Folate: 14.02µg (3.5%), Fiber: 0.84g (3.35%), Calcium: 31.23mg (3.12%), Vitamin B5: 0.25mg (2.46%), Manganese: 0.05mg (2.43%), Copper: 0.05mg (2.28%)