



Poached Cod with Shiitakes

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup chicken stock see unsalted (such as Swanson)
- 3 tablespoons cilantro leaves
- 24 ounce filets
- 1 tablespoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 3 garlic cloves sliced
- 4 inch green onions sliced

- 2.5 tablespoons lower-sodium soy sauce
- 0.3 cup sake (rice wine)
- 1 tablespoon sherry vinegar
- 8 ounces shiitake mushroom caps sliced
- 0.5 teaspoon sugar
- 2.5 teaspoons miso white (soybean paste)

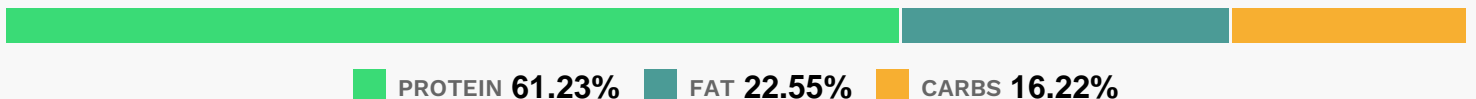
Equipment

- bowl
- frying pan
- ladle

Directions

- Heat a large skillet over medium-high heat.
- Add oil; swirl.
- Add ginger, mushrooms, and garlic; saut 5 minutes, stirring frequently.
- Add stock and next 5 ingredients (through sugar); heat to 15
- Reduce heat to medium-low; arrange fish on top of mushroom mixture. Cover and simmer 10 minutes or until desired degree of doneness, maintaining a constant temperature of 15
- Gently remove fish from pan; keep warm. Increase heat to medium-high; add onions. Cook, uncovered, 1 minute or until sauce is slightly thickened. Ladle 2/3 cup broth mixture into each of 4 shallow bowls; top each serving with 1 fillet.
- Sprinkle evenly with cilantro and pepper.

Nutrition Facts



Properties

Glycemic Index:76.02, Glycemic Load:1.89, Inflammation Score:-5, Nutrition Score:17.599565215733%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 242.31kcal (12.12%), Fat: 5.57g (8.57%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 7.13g (2.59%), Sugar: 2.72g (3.02%), Cholesterol: 74.04mg (24.68%), Sodium: 641.51mg (27.89%), Alcohol: 2.41g (100%), Alcohol %: 1.02% (100%), Protein: 34.02g (68.05%), Selenium: 61.08µg (87.25%), Phosphorus: 445.98mg (44.6%), Vitamin B6: 0.66mg (32.88%), Vitamin B3: 6.38mg (31.88%), Potassium: 981.18mg (28.03%), Vitamin B12: 1.55µg (25.85%), Magnesium: 78.84mg (19.71%), Vitamin B2: 0.3mg (17.51%), Manganese: 0.3mg (14.76%), Vitamin B5: 1.18mg (11.78%), Vitamin D: 1.76µg (11.72%), Vitamin B1: 0.16mg (10.84%), Zinc: 1.62mg (10.77%), Copper: 0.18mg (9.09%), Vitamin E: 1.22mg (8.11%), Vitamin K: 8.24µg (7.85%), Fiber: 1.88g (7.51%), Iron: 1.31mg (7.26%), Folate: 27.98µg (7%), Calcium: 42.3mg (4.23%), Vitamin C: 3.13mg (3.79%), Vitamin A: 118.66IU (2.37%)