



## Poached Cod with Tomato and Saffron



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 2 bay leaves
- ☐ 14.5 ounce canned tomatoes whole peeled drained canned
- ☐ 20 ounce filets skinless
- ☐ 0.3 cup wine dry white
- ☐ 2 garlic clove thinly sliced
- ☐ 4 servings pepper freshly ground
- ☐ 2 tablespoons olive oil

☐ 1 pinch saffron threads

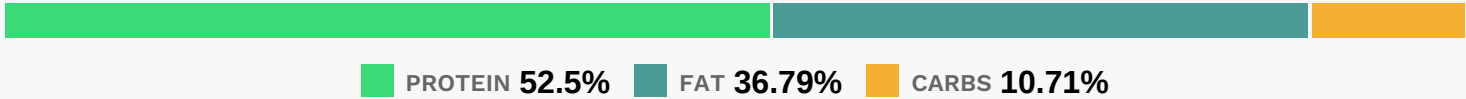
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a medium skillet over medium heat.
- ☐ Add garlic and Aleppo pepper and cook, stirring often, until fragrant (garlic should not take on any color), about 3 minutes.
- ☐ Add tomatoes, crushing with your hands as you add them, wine, bay leaves, saffron, and 1/2 cup water. Bring to a boil, reduce heat, and simmer until flavors meld, 5–7 minutes; season with salt and pepper.
- ☐ Reduce heat to medium-low; season cod with salt and pepper and place in skillet. Cover and cook at a bare simmer until cod is opaque throughout and beginning to flake, 5–7 minutes (thicker pieces will take longer to cook).
- ☐ Gently transfer cod to shallow bowls and spoon poaching liquid over.
- ☐ Black bass or flounder fillets

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:14.219130329464%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

0.55mg

Nutrients (% of daily need)

Calories: 211.97kcal (10.6%), Fat: 8.17g (12.57%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.64g (2.93%), Cholesterol: 60.95mg (20.32%), Sodium: 232.9mg (10.13%), Alcohol: 1.54g (100%), Alcohol %: 0.73% (100%), Protein: 26.24g (52.47%), Selenium: 47.36µg (67.65%), Phosphorus: 314.01mg (31.4%), Vitamin B6: 0.5mg (24.96%), Potassium: 806.91mg (23.05%), Vitamin B12: 1.29µg (21.5%), Vitamin B3: 3.74mg (18.71%), Vitamin E: 2.81mg (18.71%), Magnesium: 59.55mg (14.89%), Vitamin C: 11.48mg (13.91%), Vitamin B1: 0.16mg (10.61%), Iron: 1.76mg (9.78%), Vitamin B2: 0.16mg (9.28%), Manganese: 0.17mg (8.6%), Vitamin D: 1.28µg (8.5%), Vitamin K: 8.11µg (7.73%), Vitamin A: 329.03IU (6.58%), Calcium: 61.2mg (6.12%), Copper: 0.12mg (6.11%), Zinc: 0.84mg (5.61%), Fiber: 1.27g (5.09%), Folate: 18.6µg (4.65%), Vitamin B5: 0.36mg (3.6%)