



Roasted Cod with Shiitakes in Miso Broth



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounces hake fillet ()
- ☐ 1 ounce single-serve packages dehydrated miso soup red
- ☐ 1 scallion thinly sliced
- ☐ 0.3 lb shiitake mushroom caps sliced
- ☐ 2.5 tablespoons vegetable oil divided

Equipment

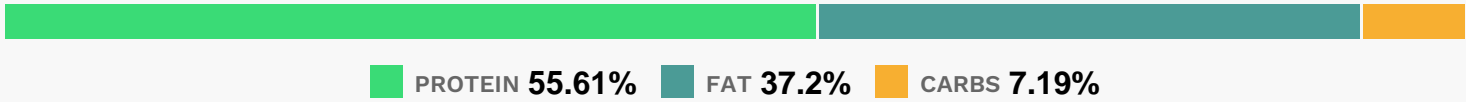
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Pat fish dry in a small shallow baking pan and drizzle with 1/2 tablespoon oil, then sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Toss mushrooms with remaining 2 tablespoons oil and 1/4 teaspoon each of salt and pepper, then spread in another small shallow baking pan.
- ☐ Roast fish and mushrooms, stirring mushrooms once or twice, until fish is just cooked through and mushrooms are crisp, about 10 minutes.
- ☐ Meanwhile, prepare soup according to package instructions.
- ☐ Divide soup, mushrooms, and fish among 4 bowls and top with scallion.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.3, Inflammation Score:-2, Nutrition Score:8.9521738200084%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 219.69kcal (10.98%), Fat: 9.07g (13.95%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.18g (1.32%), Cholesterol: 0mg (0%), Sodium: 393.26mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.03%), Selenium: 45.16µg (64.52%), Phosphorus: 285.67mg (28.57%), Vitamin K: 23.92µg (22.78%), Potassium: 730.2mg (20.86%), Iron: 2.04mg (11.33%), Calcium: 76.51mg (7.65%), Manganese: 0.13mg (6.54%), Vitamin B3: 1.18mg (5.9%), Vitamin B6: 0.1mg (4.95%), Vitamin E: 0.71mg (4.75%), Vitamin B2: 0.08mg (4.73%), Fiber: 1.17g (4.68%), Vitamin B5: 0.45mg (4.51%), Copper: 0.07mg (3.63%), Zinc: 0.49mg (3.23%), Magnesium: 9.67mg (2.42%), Folate: 6.95µg (1.74%)