



Roasted Cod with Tomatoes, Fumé Blanc, Raisins, and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons capers rinsed drained
- 1.5 pounds cod fillet white firm
- 0.5 cup feta cheese crumbled
- 2 tablespoons dill weed fresh chopped
- 2 large garlic cloves minced
- 0.3 cup golden raisins
- 0.8 teaspoon ground pepper white divided

- 0.3 teaspoon kosher salt
- 1.3 cups fumè blanc divided
- 0.3 cup olive oil extra-virgin
- 1 pound plum tomatoes diced seeded
- 1 onion red vertically sliced

Equipment

- frying pan
- oven

Directions

- Place cod in a shallow dish; pour 1 cup wine over fish.
- Sprinkle with salt, dill weed, and 1/2 teaspoon pepper.
- Let stand at room temperature 30 minutes.
- Combine remaining wine and raisins; let stand while fish marinates.
- Heat oil in a large skillet over medium-high heat, add onion, and saut 6 minutes.
- Add garlic, and saut 1 minute.
- Add tomatoes, soaked raisins and liquid, capers, and remaining 1/4 teaspoon pepper to skillet. Cook 6 to 8 minutes or until most of the liquid has evaporated, stirring occasionally.
- Pour off wine from shallow dish; spoon tomato mixture over fish.
- Sprinkle with feta.
- Bake 20 minutes or until fish flakes with a fork.
- Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:7.23, Inflammation Score:-8, Nutrition Score:21.258695685345%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg, Isorhamnetin: 1.46mg Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg, Kaempferol: 3.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 505.48kcal (25.27%), Fat: 19.02g (29.25%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 23.56g (8.57%), Sugar: 18.09g (20.1%), Cholesterol: 89.83mg (29.94%), Sodium: 515.21mg (22.4%), Alcohol: 13.37g (100%), Alcohol %: 3.87% (100%), Protein: 34.86g (69.71%), Selenium: 59.59µg (85.12%), Phosphorus: 460.86mg (46.09%), Vitamin B6: 0.68mg (33.94%), Potassium: 1121.9mg (32.05%), Vitamin B12: 1.86µg (31.08%), Vitamin C: 20.46mg (24.8%), Vitamin E: 3.72mg (24.78%), Vitamin B3: 4.57mg (22.83%), Vitamin A: 1110.65IU (22.21%), Magnesium: 78.93mg (19.73%), Vitamin B2: 0.33mg (19.2%), Vitamin K: 18.64µg (17.76%), Calcium: 148.87mg (14.89%), Vitamin B1: 0.22mg (14.49%), Manganese: 0.28mg (13.92%), Zinc: 1.61mg (10.76%), Vitamin D: 1.61µg (10.71%), Folate: 41.35µg (10.34%), Fiber: 2.51g (10.04%), Copper: 0.19mg (9.55%), Iron: 1.55mg (8.62%), Vitamin B5: 0.6mg (6.04%)