



Rosemary-infused Cod

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 12 ounce cod white firm
- 1.5 cups cooking wine dry white
- 0.5 cup fish broth
- 2 tablespoons rosemary leaves fresh
- 1 slices garnish: lemon rosemary sprigs
- 2 servings olive oil extra-virgin
- 0.5 teaspoon salt

2 shallots coarsely chopped

Equipment

frying pan

Directions

- Heat fish broth and next 5 ingredients in a deep skillet over medium heat until simmering. Reduce heat to medium-low, and add fillets. Cover and poach 5 to 8 minutes or until fish is opaque and flakes with a fork.
- Transfer to serving plates. Spoon shallots and rosemary leaves over fish, and drizzle with olive oil.
- Garnish, if desired.
- Pour: There will be plenty of wine left over from poaching to serve during dinner, so be sure to buy a wine you'll enjoy drinking. For mild fish such as cod, haddock, or sole, try Valley of the Moon Pinot Blanca crisp white that pairs nicely with the shallots and rosemary. With oilier fish such as sablefish, pompano, or mahi mahi, try Kenwood Sonoma Chardonnay for just the right balance of acidity.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:22.906956517178%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg, Naringenin: 1.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 514.32kcal (25.72%), Fat: 18.07g (27.79%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 8.63g (3.14%), Sugar: 3.79g (4.21%), Cholesterol: 114.62mg (38.21%), Sodium: 713.55mg (31.02%), Alcohol: 18.54g (100%), Alcohol %: 5.16% (100%), Protein: 46.94g (93.88%), Selenium: 96.34µg (137.63%), Vitamin B12: 3.62µg (60.37%), Vitamin D: 7.11µg (47.38%), Vitamin B3: 9.22mg (46.1%), Phosphorus: 439.79mg (43.98%), Vitamin B6: 0.56mg (27.93%), Potassium: 928.71mg (26.53%), Manganese: 0.45mg (22.7%), Magnesium: 88.12mg (22.03%), Vitamin E: 2.95mg (19.69%), Folate: 67.97µg (16.99%), Iron: 2.36mg (13.09%), Vitamin B5: 1.3mg (13%), Vitamin K: 13.38µg (12.74%), Copper: 0.22mg (10.78%), Vitamin B2: 0.18mg (10.65%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.1mg (7.34%), Calcium: 58.34mg (5.83%), Fiber: 1.31g (5.23%), Vitamin C: 4.29mg (5.2%), Vitamin A: 62.99IU (1.26%)