



WHATSheATE



Sauteed Cod on Snow Peas and Cabbage with Miso Sesame Vinaigrette



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



20 oz cod fillet ()



2 tablespoons ginger fresh finely grated peeled



2 garlic cloves finely chopped



1 tablespoon mirin sweet (Japanese rice wine)



0.5 lb napa cabbage very thinly sliced



2 tablespoons miso white red (fermented soybean paste)



0.5 lb savoy cabbage very thinly sliced

- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.3 lb snow peas very thinly sliced lengthwise
- ☐ 1 tablespoon sugar
- ☐ 4 teaspoons well-stirred tahini (Japanese sesame paste)
- ☐ 2 tablespoons vegetable oil
- ☐ 3 tablespoons water

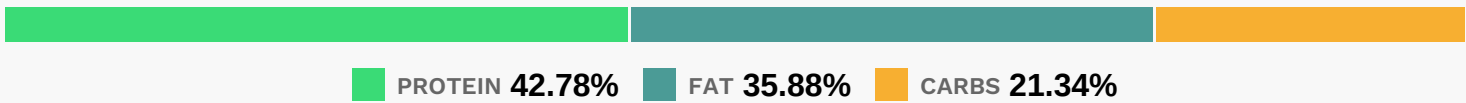
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Purée all vinaigrette ingredients in a blender until smooth.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté garlic until golden, about 30 seconds.
- ☐ Add cabbages and snow peas and sauté until cabbages are wilted and peas are crisp-tender, about 5 minutes. Season with salt and transfer to a bowl, then wipe skillet clean.
- ☐ Heat oil in skillet over high heat until hot but not smoking, then sauté cod, turning once, until golden and just cooked through, about 6 minutes total.
- ☐ Divide cabbage among 4 plates, then top with fish and drizzle with some dressing.
- ☐ Serve remainder on the side.
- ☐ · Dressing can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:72.52, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:24.916956549105%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 282.11kcal (14.11%), Fat: 11.18g (17.2%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 10.99g (4%), Sugar: 6.82g (7.58%), Cholesterol: 60.95mg (20.32%), Sodium: 418.99mg (18.22%), Alcohol: 0.6g (100%), Alcohol %: 0.23% (100%), Protein: 29.99g (59.98%), Vitamin K: 85.59µg (81.51%), Selenium: 50.63µg (72.33%), Vitamin C: 52.17mg (63.23%), Phosphorus: 400.07mg (40.01%), Vitamin B6: 0.68mg (34.03%), Folate: 118.93µg (29.73%), Potassium: 969.97mg (27.71%), Vitamin A: 1123.03IU (22.46%), Magnesium: 86.54mg (21.63%), Vitamin B12: 1.3µg (21.61%), Manganese: 0.41mg (20.54%), Vitamin B1: 0.3mg (20.29%), Vitamin B3: 3.89mg (19.44%), Fiber: 3.97g (15.88%), Copper: 0.25mg (12.45%), Vitamin E: 1.75mg (11.66%), Calcium: 114.58mg (11.46%), Iron: 2.02mg (11.22%), Vitamin B2: 0.19mg (11.14%), Zinc: 1.48mg (9.86%), Vitamin D: 1.28µg (8.5%), Vitamin B5: 0.64mg (6.4%)