



Sauteed Cod with Lentils

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 20 ounces cod fillet ()
- ☐ 1 leaf garnish: lemon wedges; flat parsley fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 large garlic cloves chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup lentils ; 7 ounces) dried french (preferably green lentils* often called lentilles du Puy)
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon olive oil plus additional extra-virgin for drizzling
- ☐ 1 cup onion finely chopped (1 large)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Cover lentils with cold water by 1 1/2 inches in a 2-quart saucepan and bring to a boil. Simmer, uncovered, until lentils are just tender, 12 to 25 minutes.
- ☐ Drain in a sieve set over a bowl and reserve 1/2 cup cooking liquid.
- ☐ While lentils are simmering, melt butter in a 2- to 3-quart heavy saucepan over moderately low heat, then stir in onion, garlic, and salt and cook, covered, stirring occasionally, until pale golden, about 10 minutes.
- ☐ Remove lid and cook, uncovered, stirring occasionally, until golden, 5 to 10 minutes more.
- ☐ Stir in lentils and enough reserved cooking liquid to moisten (1/4 to 1/2 cup) and cook until heated through.
- ☐ Just before serving, stir in parsley, lemon juice, pepper, and 1 tablespoon oil.
- ☐ Pat fish dry and sprinkle with salt and pepper.
- ☐ Heat butter and oil in a 10- to 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté fish, turning over once, until browned and just cooked through, 6 to 8 minutes total.
- ☐ Serve fish with lentils and drizzle with additional extra-virgin olive oil if desired.
- ☐ *Available at specialty foods shops and Dean & DeLuca (800-999-0306).

Nutrition Facts



Properties

Glycemic Index:42.78, Glycemic Load:4.5, Inflammation Score:-8, Nutrition Score:28.548260958298%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 393.02kcal (19.65%), Fat: 11.38g (17.51%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 33.58g (11.19%), Net Carbohydrates: 18.1g (6.58%), Sugar: 2.81g (3.13%), Cholesterol: 68.48mg (22.83%), Sodium: 374.22mg (16.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.61%), Selenium: 51.36µg (73.37%), Folate: 252.94µg (63.24%), Fiber: 15.48g (61.94%), Vitamin K: 56.49µg (53.8%), Phosphorus: 521.14mg (52.11%), Manganese: 0.75mg (37.53%), Vitamin B1: 0.55mg (36.8%), Vitamin B6: 0.68mg (33.9%), Potassium: 1130.86mg (32.31%), Magnesium: 110.22mg (27.56%), Iron: 4.51mg (25.03%), Vitamin B12: 1.3µg (21.6%), Vitamin B3: 4.28mg (21.38%), Zinc: 3.06mg (20.38%), Copper: 0.32mg (15.78%), Vitamin C: 12.53mg (15.19%), Vitamin E: 2.27mg (15.13%), Vitamin B5: 1.32mg (13.24%), Vitamin B2: 0.21mg (12.4%), Vitamin D: 1.33µg (8.85%), Vitamin A: 417.16IU (8.34%), Calcium: 67.27mg (6.73%)