



## Seared Cod with Blood Orange Glaze

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup blood orange juice
- 1 blood orange zest coarsely chopped
- 24 ounce thick cod fillets
- 2 sprigs thyme leaves fresh
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 2 tablespoons red wine vinegar
- 2 tablespoons sugar

## Equipment

- frying pan
- paper towels
- oven
- wire rack
- spatula

## Directions

- Watch how to make this recipe.
- Preheat the oven to 250 degrees F.
- Remove the fish from the refrigerator and let it come to room temperature, about 10 minutes.
- Coat a large saute pan with olive oil and bring the pan to a high heat.
- Pat the fish dry with paper towels and sprinkle both sides with salt.
- When the oil is very hot but not smoking, gently add the fish to the pan. DO NOT try to move the fillets. After 2 to 3 minutes, shake the pan gently and the fish should unstick itself. If the pan was hot enough, it will release. If not, using a fish spatula, GENTLY scrape it from the bottom of the pan. Cook the fish for 1 more minute and then turn it over, placing it on a wire rack set in a sheet tray.
- Transfer to the oven and cook until cooked through, another 10 to 12 minutes.
- Ditch the oil from the pan and add the orange juice, zest, chopped oranges, sugar, vinegar, thyme and a pinch of salt. Bring the liquid to a boil (BTB), reduce it to a simmer (RTS) and reduce the liquid by half. Taste and adjust the seasoning. The sauce should have a great tangy, sweet and sour mix.
- Spoon the sauce over the seared cod and serve immediately.

## Nutrition Facts

 **PROTEIN 39.54%**  **FAT 44.23%**  **CARBS 16.23%**

## Properties

Glycemic Index:41.77, Glycemic Load:7.5, Inflammation Score:-7, Nutrition Score:15.682174045107%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 316.41kcal (15.82%), Fat: 15.29g (23.53%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 12.41g (4.51%), Sugar: 11.2g (12.44%), Cholesterol: 73.14mg (24.38%), Sodium: 287.25mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.53%), Selenium: 56.4µg (80.58%), Vitamin C: 33.88mg (41.07%), Phosphorus: 357.02mg (35.7%), Vitamin B12: 1.55µg (25.8%), Potassium: 833.3mg (23.81%), Vitamin B6: 0.44mg (22.19%), Vitamin E: 3.13mg (20.87%), Vitamin B3: 3.77mg (18.84%), Magnesium: 62.41mg (15.6%), Vitamin B1: 0.19mg (12.37%), Vitamin D: 1.53µg (10.21%), Vitamin K: 8.66µg (8.25%), Vitamin B2: 0.13mg (7.82%), Folate: 30.81µg (7.7%), Iron: 0.98mg (5.42%), Zinc: 0.81mg (5.4%), Vitamin A: 216.84IU (4.34%), Copper: 0.08mg (3.96%), Vitamin B5: 0.38mg (3.81%), Calcium: 37.23mg (3.72%), Manganese: 0.05mg (2.35%)