



Seared cod with chowder sauce

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 knob butter
- ☐ 1 small shallots finely chopped
- ☐ 100 ml wine
- ☐ 1 large potato cut into small chunks
- ☐ 100 g clams
- ☐ 100 g regular corn
- ☐ 50 ml double cream
- ☐ 1 tbsp vegetable oil

- ☐ 300 g filets thick-cut
- ☐ 2 servings chives finely chopped
- ☐ 50 g bacon smoked finely sliced

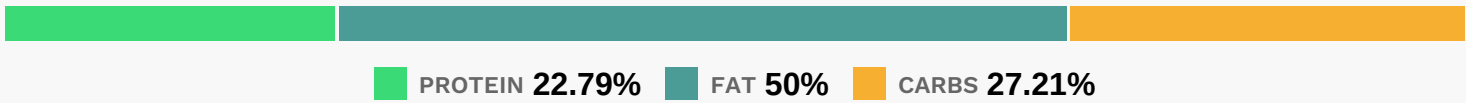
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter in a pan. Cook the shallot and lardons or bacon for about 5 mins until softened.
- ☐ Add the wine, potato and 50ml water. Cover, then cook for 10 mins, stirring often, until nearly softened. Tip in the clams, cover, then cook for 5 mins until they have opened discard any that dont. Stir through the sweetcorn and cream, and keep warm.
- ☐ Heat a non-stick frying pan until smoking.
- ☐ Add the oil, swirl it around, then put the fillets in, skin-side down. Season, then cook for 3-5 mins until the skin is crisp. Carefully turn over, then cook for 2 mins more until just cooked through. Spoon the creamy potato mixture into 2 shallow bowls.
- ☐ Place a cod fillet in each and sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:111.25, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:26.073478408482%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg

Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 682.65kcal (34.13%), Fat: 36.42g (56.03%), Saturated Fat: 15.92g (99.5%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 39.83g (14.49%), Sugar: 6.88g (7.64%), Cholesterol: 134.24mg (44.75%), Sodium: 362.78mg (15.77%), Alcohol: 5.22g (100%), Alcohol %: 1.26% (100%), Protein: 37.35g (74.7%), Selenium: 59.06µg (84.37%), Phosphorus: 540.71mg (54.07%), Potassium: 1728.06mg (49.37%), Vitamin B6: 0.9mg (44.84%), Vitamin B12: 2.4µg (39.93%), Vitamin B3: 7.19mg (35.97%), Magnesium: 116.1mg (29.03%), Vitamin C: 21.85mg (26.48%), Vitamin B1: 0.4mg (26.43%), Manganese: 0.48mg (23.75%), Vitamin K: 22.19µg (21.14%), Fiber: 4.76g (19.05%), Vitamin A: 912.28IU (18.25%), Copper: 0.35mg (17.28%), Vitamin B2: 0.27mg (15.8%), Folate: 62.71µg (15.68%), Iron: 2.7mg (14.99%), Vitamin E: 2.22mg (14.8%), Vitamin B5: 1.43mg (14.28%), Zinc: 2.11mg (14.09%), Vitamin D: 1.85µg (12.35%), Calcium: 77.35mg (7.74%)