



Seared Cod with Swiss Chard and Almonds



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce filets
- ☐ 2 garlic cloves thinly sliced
- ☐ 1.3 teaspoons hungarian paprika sweet divided
- ☐ 4 teaspoons olive oil divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 teaspoon sherry vinegar
- ☐ 3 tablespoons slivered almonds
- ☐ 10 cup swiss chard trimmed thinly sliced 2 bunches

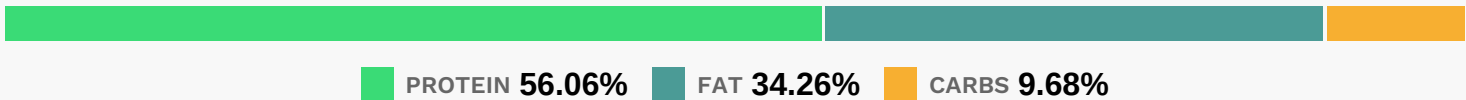
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add almonds to pan; cook 2 minutes or until lightly browned, stirring constantly.
- ☐ Transfer to small bowl with a slotted spoon.
- ☐ Sprinkle almonds with 1/4 teaspoon paprika, stirring to coat. Set aside.
- ☐ Add garlic to pan; cook 1 minute or until golden, stirring constantly.
- ☐ Add 3 1/3 cups chard to pan; cook 1 1/2 minutes or until wilted, stirring constantly. Repeat procedure 2 times with remaining chard. Stir in 1/2 teaspoon salt; cover and cook 5 minutes or until tender. Stir in vinegar.
- ☐ Remove from pan; wipe skillet with paper towels.
- ☐ Sprinkle fish evenly with the remaining 1 teaspoon paprika and remaining 1/4 teaspoon salt.
- ☐ Heat remaining 2 teaspoons olive oil in pan over medium-high heat.
- ☐ Add fish to pan; cook fish 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve fish with chard mixture; sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:29.528260645659%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 2.81mg, Myricetin: 2.81mg, Myricetin: 2.81mg, Myricetin: 2.81mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 239.42kcal (11.97%), Fat: 9.15g (14.08%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.4g (1.55%), Cholesterol: 73.14mg (24.38%), Sodium: 720.44mg (31.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.38%), Vitamin K: 750.11µg (714.39%), Vitamin A: 5880.49IU (117.61%), Selenium: 57.67µg (82.39%), Phosphorus: 427.05mg (42.71%), Magnesium: 149.09mg (37.27%), Vitamin E: 5.47mg (36.46%), Vitamin C: 29.18mg (35.37%), Potassium: 1119.09mg (31.97%), Manganese: 0.56mg (28.13%), Vitamin B6: 0.55mg (27.4%), Vitamin B12: 1.55µg (25.8%), Vitamin B3: 4.21mg (21.07%), Vitamin B2: 0.29mg (16.85%), Iron: 2.73mg (15.17%), Copper: 0.3mg (14.76%), Vitamin B1: 0.19mg (12.38%), Fiber: 2.63g (10.51%), Vitamin D: 1.53µg (10.21%), Calcium: 97.77mg (9.78%), Zinc: 1.37mg (9.13%), Folate: 28.16µg (7.04%), Vitamin B5: 0.47mg (4.75%)