



Spanish-Style Cod in Tomato Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 3.5 ounce brown rice
- ☐ 1.5 pounds filets wild cut into 8 pieces
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.3 cup wine dry white
- ☐ 3 tablespoons parsley fresh divided chopped
- ☐ 3 large garlic clove thinly sliced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups plum tomatoes chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots sliced
- ☐ 0.5 teaspoon paprika smoked
- ☐ 1 thyme leaves

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ While rice cooks, heat a skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Combine salt, paprika, and black pepper; sprinkle evenly over fish.
- ☐ Add fish to pan, skin side down; cook for 3 minutes or until lightly browned. Turn fish over; reduce heat to medium-high.
- ☐ Add shallots, red pepper, and garlic; cook 4 minutes or until shallots are translucent, stirring occasionally.
- ☐ Add tomatoes, broth, wine, and thyme; bring to a simmer, and cook 6 minutes.
- ☐ Add 1 tablespoon parsley and juice; stir gently to combine. Discard thyme sprig.
- ☐ Combine cooked rice, remaining 2 tablespoons parsley, and almonds.
- ☐ Place about 1/3 cup rice mixture in each of 4 shallow bowls; top each serving with 2 pieces of fish and 1/2 cup tomato mixture.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:12.53, Inflammation Score:-9, Nutrition Score:26.206087008767%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 345.42kcal (17.27%), Fat: 8.46g (13.02%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 28.17g (9.39%), Net Carbohydrates: 24.71g (8.98%), Sugar: 4.11g (4.57%), Cholesterol: 73.14mg (24.38%), Sodium: 449.23mg (19.53%), Alcohol: 2.06g (100%), Alcohol %: 0.71% (100%), Protein: 35.37g (70.74%), Selenium: 57.1µg (81.58%), Manganese: 1.34mg (66.9%), Vitamin K: 59.4µg (56.57%), Phosphorus: 479.32mg (47.93%), Vitamin B6: 0.72mg (36.17%), Potassium: 1186.35mg (33.9%), Magnesium: 123.95mg (30.99%), Vitamin B3: 5.46mg (27.31%), Vitamin C: 21.58mg (26.16%), Vitamin B12: 1.55µg (25.8%), Vitamin E: 3.68mg (24.52%), Vitamin A: 1215.79IU (24.32%), Vitamin B1: 0.3mg (19.7%), Fiber: 3.46g (13.86%), Copper: 0.26mg (13.04%), Vitamin B2: 0.22mg (12.99%), Iron: 2.16mg (11.99%), Zinc: 1.76mg (11.74%), Folate: 43.61µg (10.9%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.83mg (8.3%), Calcium: 78.56mg (7.86%)