



Spicy Baked Cod Fillets

 Gluten Free

READY IN



110 min.

SERVINGS



5

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons butter
- 2.5 tablespoons cayenne pepper to taste
- 30 ounce filets dried with paper towels rinsed
- 2 tablespoons tandoori masala paste
- 1 eggs beaten
- 2 teaspoons cilantro leaves fresh chopped for garnish
- 1 teaspoon ginger-garlic paste
- 2 tablespoons ground coriander

- 2 tablespoons ground cumin
- 0.5 teaspoon fresh-ground pepper black
- 1 teaspoon ground turmeric
- 1 optional: lemon cut into wedges
- 5 tablespoons juice of lemon
- 2 tablespoons non-fat yogurt plain
- 2 tablespoons olive oil
- 0.5 onion red thinly sliced
- 0.5 teaspoon salt to taste
- 1 teaspoon soya sauce
- 2 teaspoons tomatoes pureed canned
- 1 teaspoon vinegar white

Equipment

- bowl
- oven
- baking pan

Directions

- Mix together in a large bowl the yogurt, ginger-garlic paste, tandoori paste, tomato puree, soy sauce, vinegar, lemon juice, egg, cayenne pepper (adjust amount to suit your taste), coriander, cumin, turmeric, salt and pepper.
- Place the fish fillets into the marinade and turn to coat each side. Cover bowl with plastic film and refrigerate for an hour.
- Preheat oven to 400 degrees F (200 degrees C). Use one teaspoon each of the butter and olive oil to coat a shallow baking dish large enough to accommodate the fish in a single layer.
- Remove fish from marinade and place in baking dish.
- Drizzle with remaining olive oil and dot with the remaining butter.
- Bake in preheated oven until golden brown on top, about 30 to 40 minutes.
- Place fish on warm serving platter and garnish with cilantro, lemon wedges, and onions.

Nutrition Facts

PROTEIN 48.94% FAT 36.02% CARBS 15.04%

Properties

Glycemic Index:74.5, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:20.138695758322%

Flavonoids

Eriodictyol: 5.35mg, Eriodictyol: 5.35mg, Eriodictyol: 5.35mg, Eriodictyol: 5.35mg Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 275.13kcal (13.76%), Fat: 11.22g (17.26%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 7.4g (2.69%), Sugar: 2.8g (3.11%), Cholesterol: 110.66mg (36.89%), Sodium: 683.31mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.59%), Selenium: 60.83µg (86.9%), Phosphorus: 424.34mg (42.43%), Vitamin B6: 0.57mg (28.5%), Vitamin B12: 1.68µg (28%), Vitamin C: 22.73mg (27.55%), Potassium: 948.35mg (27.1%), Vitamin A: 1272.35IU (25.45%), Magnesium: 84.9mg (21.23%), Vitamin B3: 4.09mg (20.44%), Vitamin E: 2.95mg (19.64%), Iron: 3.51mg (19.49%), Manganese: 0.34mg (17.18%), Vitamin B2: 0.23mg (13.77%), Vitamin B1: 0.19mg (12.71%), Fiber: 3.14g (12.57%), Vitamin D: 1.71µg (11.38%), Calcium: 102.75mg (10.28%), Zinc: 1.47mg (9.77%), Vitamin K: 8.56µg (8.15%), Copper: 0.16mg (7.8%), Folate: 29.36µg (7.34%), Vitamin B5: 0.55mg (5.51%)