



Spicy Cod Fillet with Coconut-Squash Sauce Over Roasted Acorn Squash

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 acorn squash
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 0.5 cup butternut squash cooked
- ☐ 1 cup coconut milk
- ☐ 10 ounce cod fillet skinless

- ☐ 2 cloves garlic minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 servings salt and ground pepper fresh black
- ☐ 0.5 teaspoon ground thyme
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan cheese
- ☐ 1 cup portabello mushrooms sliced
- ☐ 2 servings pumpkin seeds for garnish
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 servings salt and pepper black
- ☐ 2 servings salt and pepper to taste
- ☐ 2 shallots finely chopped

Equipment

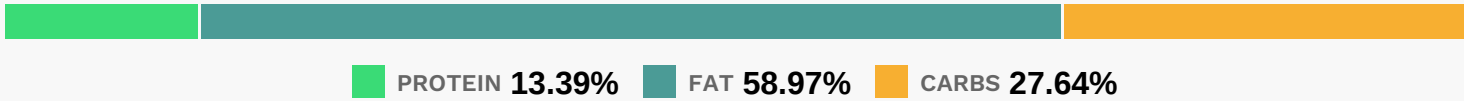
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ To roast the squash: Preheat the oven to 375 degrees F.
- ☐ Cut the squash in half and scrape out the seeds with a spoon. Set the squash halves on a baking sheet, cut sides up, and sprinkle with salt and pepper.
- ☐ Drizzle with olive oil and sprinkle the brown sugar on top.
- ☐ Bake until tender about 45 minutes. Cook fish and sauce while squash finishes roasting: Pat fish dry and sprinkle with cumin, salt and pepper.

- ☐ Heat butter and oil in a sauce pan over medium heat, add the red pepper flakes, garlic and cook for 2 minutes.
- ☐ Add the fish and saut, turning over once, until browned, just cooked through, 6 to 8 minutes total.
- ☐ Transfer the fish to a plate and set aside. To make the sauce In the same pan heat the butter over medium heat.
- ☐ Add shallots, garlic, salt, pepper and thyme and cook 4 minutes, stirring occasionally.
- ☐ Add the mushrooms and cook for 5 minutes, or until soft, stirring occasionally.
- ☐ Place the coconut milk and butternut squash in the blender and blend until smooth.
- ☐ Place one the fillets on top of the roasted squash halves, drizzle the sauce over top and sprinkle with parmesan cheese.
- ☐ Place in the oven for about 5 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:180.5, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:50.695652464162%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1225.2kcal (61.26%), Fat: 83.82g (128.95%), Saturated Fat: 41.39g (258.66%), Carbohydrates: 88.39g (29.46%), Net Carbohydrates: 79.45g (28.89%), Sugar: 30.8g (34.23%), Cholesterol: 123.1mg (41.03%), Sodium: 1049.69mg (45.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.8g (85.6%), Vitamin A: 6168.06IU (123.36%), Manganese: 2mg (99.83%), Selenium: 64.74µg (92.48%), Phosphorus: 828.19mg (82.82%), Potassium: 2802.7mg (80.08%), Vitamin C: 61.34mg (74.36%), Magnesium: 275.74mg (68.94%), Vitamin B6: 1.36mg (68.25%), Vitamin B1: 0.84mg (56.03%), Calcium: 556.68mg (55.67%), Iron: 9.28mg (51.55%), Vitamin E: 7.02mg (46.79%), Vitamin B3: 9.32mg (46.58%), Copper: 0.8mg (40.14%), Fiber: 8.94g (35.76%), Folate: 133.21µg (33.3%), Vitamin B5: 3.04mg (30.36%), Vitamin B12: 1.65µg (27.45%), Vitamin K: 27.99µg (26.66%), Zinc: 3.11mg (20.76%), Vitamin B2: 0.31mg (17.99%), Vitamin D: 1.53µg (10.2%)