



# Torsk

 **Gluten Free**  **Popular**  **Low Fod Map**

READY IN



30 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups butter melted
- 36 ounce fillets cod
- 1 dash paprika
- 2 tablespoons salt
- 6 cups water
- 1 cup sugar white

## Equipment

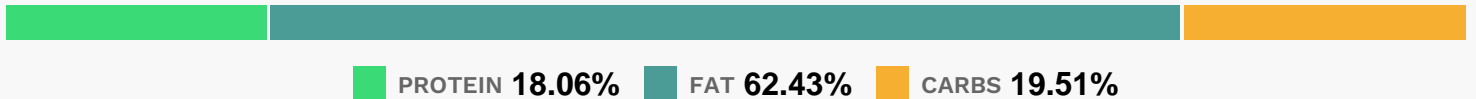
- baking sheet

- paper towels
- sauce pan
- broiler

## Directions

- Preheat broiler. Lightly grease a cookie sheet.
- Place the fish in a large saucepan.
- Mix together the water, sugar, and salt.
- Pour the water-mixture over the fish. The water-mixture should fully cover the fish, if it doesn't add more water. Bring the water to a boil over a medium-high heat. Boil for 3 to 5 minutes.
- Remove fillets from water, and blot on paper towels to remove excess water.
- Brush with 6 tablespoons melted butter, and sprinkle with paprika.
- Broil for 8 to 10 minutes per inch of thickness, or until the fillets are golden brown.
- Serve with the remaining melted butter.

## Nutrition Facts



## Properties

Glycemic Index:22.52, Glycemic Load:23.29, Inflammation Score:-7, Nutrition Score:14.122174040941%

## Nutrients (% of daily need)

Calories: 674.76kcal (33.74%), Fat: 47.27g (72.73%), Saturated Fat: 29.39g (183.7%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 33.24g (12.09%), Sugar: 33.3g (37%), Cholesterol: 195.15mg (65.05%), Sodium: 2794.41mg (121.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.56%), Selenium: 57.08µg (81.54%), Phosphorus: 358.97mg (35.9%), Vitamin A: 1494.43IU (29.89%), Vitamin B12: 1.64µg (27.41%), Vitamin B6: 0.42mg (20.94%), Potassium: 717.65mg (20.5%), Vitamin B3: 3.53mg (17.67%), Vitamin E: 2.41mg (16.07%), Magnesium: 58.02mg (14.51%), Vitamin D: 1.53µg (10.21%), Vitamin B1: 0.13mg (8.81%), Vitamin B2: 0.14mg (8.02%), Zinc: 0.85mg (5.67%), Calcium: 49.74mg (4.97%), Copper: 0.09mg (4.49%), Vitamin K: 4.16µg (3.96%), Iron: 0.7mg (3.88%), Folate: 13.62µg (3.4%), Vitamin B5: 0.32mg (3.23%), Vitamin C: 1.7mg (2.06%), Manganese: 0.03mg (1.66%)