



Wasabi Broiled Black Cod

 **Gluten Free**

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe
- ☐ 4 fillet sustainable cod white black firm
- ☐ 1 cup egg-free mayonnaise such as vegenaïse
- ☐ 1 lime cut in half
- ☐ 4 servings salt
- ☐ 4 servings vegetable oil for the broiler pan
- ☐ 2 teaspoons wasabi paste

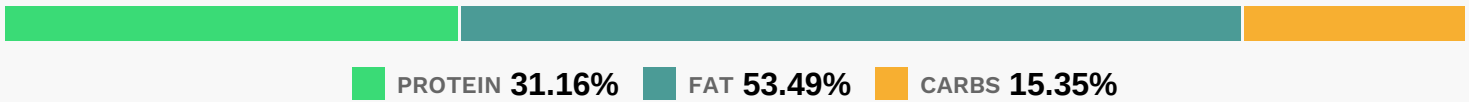
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Position an oven rack in the upper third of the oven.
- ☐ Heat the broiler.
- ☐ Mix the mayonnaise and the wasabi paste in a small bowl.
- ☐ Brush a broiler pan with vegetable oil and place the fish on the pan. Slather the wasabi mayonnaise evenly over the top of the fish. Broil until the fish is firm and the tops are deep golden, 10 to 12 minutes.
- ☐ Halve, pit and peel the avocado, then cut into 12 thin wedges. Season with salt and squeeze the lime juice over the avocado.
- ☐ Divide the fish among serving plates and arrange the avocado on top of or beside the fish.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:19.166521497395%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 399.82kcal (19.99%), Fat: 24.13g (37.13%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 10.46g (3.8%), Sugar: 6.56g (7.29%), Cholesterol: 78.3mg (26.1%), Sodium: 744.94mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Selenium: 56.71µg (81.02%), Vitamin K: 50.83µg

(48.41%), Phosphorus: 379.13mg (37.91%), Potassium: 1005.43mg (28.73%), Vitamin B6: 0.56mg (27.98%), Vitamin B12: 1.55µg (25.78%), Vitamin E: 3.33mg (22.22%), Vitamin B3: 4.43mg (22.17%), Fiber: 5.13g (20.51%), Magnesium: 72.86mg (18.22%), Vitamin C: 12.65mg (15.33%), Folate: 54.39µg (13.6%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.19mg (11.18%), Vitamin D: 1.53µg (10.2%), Vitamin B5: 1mg (9.99%), Copper: 0.17mg (8.48%), Zinc: 1.17mg (7.83%), Iron: 1.12mg (6.24%), Manganese: 0.12mg (6.06%), Calcium: 45.54mg (4.55%), Vitamin A: 150.62IU (3.01%)