



Roasted Cod with Tomato Relish

Number of Servings: 2
Calories Per Serving: 213
PCF Ratio: 66-19-14

Single Serving Comment: 1/2 of recipe

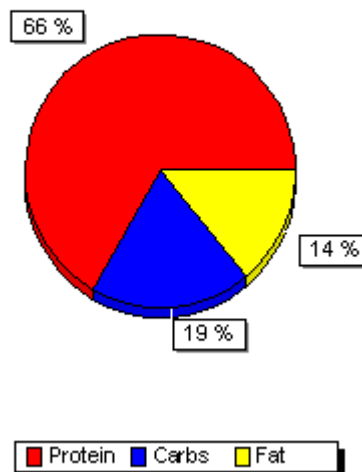
Cooking Instructions

Ingredients:

- 375g Atlantic Cod
 - 250g raw Red Tomatoes
 - 1/4 tbsp Olive Oil
 - 1/4 Large Onion
 - 1/2 tbsp Brown Sugar
 - 2 tsp Apple Cider Vinegar
 - 1/2 tsp ground Black Pepper
- (serves 2)

Dice the onion. Preheat oven to 450 degrees. Cut tomatoes in quarters and boil them. Reserve the liquid. Heat the olive oil in a saucepan and add the onion with 2 tsp of water. Cook for 10 minutes until tender. Stir in tomatoes, vinegar, brown sugar. Heat to boiling. Continue cooking until relish thickens.. Place fish in a baking dish and sprinkle with pepper. Roast for about 15 minutes or until fish flakes with a fork. serve tomato relish over fish

66-19-14 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (343g)
 Servings: 1

Amount Per Serving

Calories 210 **Calories from Fat** 30

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **3%**

Cholesterol 80mg **27%**

Sodium 115mg **5%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **7%**

Sugars 7 g

Protein 35 g

Vitamin A 15% Vitamin C 60%

Calcium 4% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving		Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
		Size	Gram Wt.								
ATLANTIC COD, RAW		375	375	307.5	66.8						

Roasted Cod with Tomato Relish (continued)

TOMATO, RED, RIPE, ITALIAN, RAW	Jun thru Oct avg	250	250	52.5	2.1	11.6	7							
OLIVE OIL	salad or cooking	1/4 tbsp	3	29.8										
ONION, RAW		1/4 large	38	15.8	.3	3.8	1.6	.7	.4					.4
SUGAR, BROWN	unpacked	1/2 tbsp	5	17.1		4.4	4.4	.2	.0					4.1
VINEGAR, APPLE CIDER		0.07 cup	15	3.1		.1	.1	.0	.0					
PEPPER, BLACK, GROUND		0.07 tsp	0	.3	.0	.1								
Recipe Total:			685	426.1	69.3	20	13	1	.5					4.5
Single Serving Total:			86	213.1	34.6	10	6.5	.5	.2					2.3

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
ATLANTIC COD, RAW				2.5	.5	.7	.1	161.3		45	150	.3	.2	7.7
TOMATO, RED, RIPE, ITALIAN, RAW			2.7	.8	.1					77.5	1557.5	.2	.1	1.6
OLIVE OIL				3.4	.5	.0	.3							
ONION, RAW			.5	.0							.8	.0		.0
SUGAR, BROWN														
VINEGAR, APPLE CIDER														
PEPPER, BLACK, GROUND			.0							.0	.4			
Recipe Total:			3.3	6.7	1.1	.7	.4	161.3		122.5	1708.6	.5	.4	9.3
Single Serving Total:			1.7	3.4	.5	.4	.2	80.6		61.3	854.3	.2	.2	4.7

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
ATLANTIC COD, RAW	.6	.9	26.2	26.2		26.2	3.4		3.8	165	2.4		60	120
TOMATO, RED, RIPE, ITALIAN, RAW	.6	.2	37.5	37.5		37.5			65		.8		12.5	27.5
OLIVE OIL											.5		.0	
ONION, RAW	.0	.1	7.1	7.1		7.1			2.4				8.3	3.8
SUGAR, BROWN			.0	.0		.0							3.9	1.3
VINEGAR, APPLE CIDER													1	.7
PEPPER, BLACK, GROUND			.0	.0		.0			.0				.6	.3
Recipe Total:			1.2	1.2	70.9	70.9	70.9	3.4	71.2	165	3.7		86.3	153.6
Single Serving Total:			.6	.6	35.5	35.5	35.5	1.7	35.6	82.5	1.9		43.1	76.8

Roasted Cod with Tomato Relish (continued)

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
ATLANTIC COD, RAW	761.3	1548.7	202.5			.1			1.4	.1		124.1	1.7
TOMATO, RED, RIPE, ITALIAN, RAW	60	555	22.5			.2			1.1	.2		1	.2
OLIVE OIL		.0	.1						.0				
ONION, RAW	10.1	54	1.1			.0			.1	.0		.2	.1
SUGAR, BROWN	1	15.7	1.8			.0			.1	.0		.1	
VINEGAR, APPLE CIDER	1.2	10.9	.7						.0	.0		.0	
PEPPER, BLACK, GROUND	.2	1.7	.1						.0				
Recipe Total:	833.8	2186	228.8			.3			2.8	.4		125.4	2
Single Serving Total:	416.9	1093	114.4			.2			1.4	.2		62.7	1