

# Italian Cod with "Rice"

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-code-recipe>

## Ingredients:

- 6 ounces cod
- 1/2 cup tomato sauce no sugar added
- 1/2 cup diced tomatoes italian
- 8 ounces sage Cauli Stuffing, or plain riced cauliflower
- 8 drops stevia
- 1/2 teaspoon paprika
- 1/8 teaspoon canela
- 1 tablespoon parsley
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 clove minced garlic
- lemon juice
- pink salt
- pepper

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 20 milligrams
4. Fat: 9 grams
5. Fiber: 25 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 360 milligrams
9. Sugar: 5 grams

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