

Italian Cod

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 onion chopped
- 4 shallots chopped
- 4 garlic cloves chopped
- 1 pinch red pepper flakes optional
- 1/2 cup white wine
- 28 ounces canned tomatoes San Marzano, whole, 796 mL, lightly hand crushed
- 1 cup water to rinse out the inside of the empty can
- 2 pounds cod fillets or firm white fish approximately 900 grams, skinless
- 1/2 teaspoon paprika dried
- salt
- pepper
- parsley for garnishing, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 49 grams
7. SaturatedFat: 1 grams
8. Sodium: 600 milligrams
9. Sugar: 2 grams

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