

Baked Miso Marinated Cod

Yield: 2 min
Total Time: 255 min

Recipe from: <https://www.recipeschoose.com/recipes/pacific-cod-japanese-recipe>

Ingredients:

- 4 tablespoons sake
- 4 tablespoons mirin
- 2 tablespoons white miso paste
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil
- 2 fillets cod or chilean seabass
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 100 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1160 milligrams
9. Sugar: 5 grams

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