

# Low Fat Mexican Baked Cod

Yield: 2 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-baked-cod-recipe>

## Ingredients:

- 2 fillets cod
- 1 can chopped tomatoes
- 1/2 diced red onion
- 1 garlic chopped clove of
- 1 teaspoon sliced jalapeno peppers finely
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1/2 tablespoon brown sugar
- 1/2 tablespoon dried oregano
- 1 lemon
- salt
- pepper
- 1/2 can kidney beans
- 1 bunch chopped coriander
- basmati rice to serve

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 100 milligrams
4. Fat: 5 grams
5. Fiber: 8 grams
6. Protein: 53 grams
7. Sodium: 550 milligrams
8. Sugar: 9 grams

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