

Mexican Cod over Tomato Cream Sauce

Yield: 4 min
Total Time: 13 min

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

Ingredients:

- 4 whole plum tomatoes chopped
- 1 cup coconut milk
- 1/2 whole yellow onion rough chop
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 teaspoons ancho chili powder
- 6 fillets cod Sliced up large pieces into approximately 4 – 5 ounce portions
- 2 tablespoons olive oil divided
- 2 teaspoons aleppo pepper
- 2 teaspoons spanish paprika

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 150 milligrams
4. Fat: 25 grams
5. Fiber: 2 grams
6. Protein: 64 grams
7. SaturatedFat: 14 grams
8. Sodium: 790 milligrams
9. Sugar: 2 grams

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