



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cod with Lemon Butter Sauce ♦♦

This recipe features a delicious cod fillet cooked to perfection and served with a tangy lemon butter sauce. It is a classic seafood dish that is perfect for a special dinner or a fancy brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

800 g	Cod Fillet
50 g	butter
4 tbsp	Lemon juice
2 cloves	garlic
1 tsp	Salt

1 tsp Black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the cod fillets with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large oven-safe skillet, melt the butter over medium heat. Add the garlic and cook until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Cooking

Add the cod fillets to the skillet and cook for 2 minutes on each side.

Prep Time: 0 mins

Cook Time: 4 mins

Step 5

Baking

Transfer the skillet to the preheated oven and bake for 10 minutes, or until the cod is cooked through and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Remove the skillet from the oven and drizzle the cod fillets with lemon juice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the cod with the lemon butter sauce from the skillet.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 26 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	26 g	152.94%	152.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Spring Summer

Events

Thanksgiving Picnic

Cuisines

Italian Chinese French Mediterranean American

Nutritional Content

Low Calorie High Protein Low Fat Low Sodium

Kitchen Tools

Blender Microwave Grill

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com