

Recipe name

Cod a la Nage

Number of servings

Serves people

Ingredients

	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Generic - Cod Loin, 36 oz	810	0	9	180	720	0	-
Shallots, raw, 1 oz(s)	20	5	0	1	3	2	-
Garlic Clove. - Fresh, 2 Medium Clove (4g)	12	3	0	0	1	0	-
Lemongrass - Lemongrass - Raw, 2 Stalk (20g)	132	34	0	2	12	0	-
Ginger root - Raw, 10 slices (1" dia)	18	4	0	0	3	0	-
Generic - Thai Chili Peppers, 1 g	0	0	0	0	0	0	-
Aladdin - Fresh Snow Peas, 12 oz	144	25	1	10	12	0	-
Heirloom Tomato - Raw, 8 ounce	41	9	0	2	11	6	-
Fresh - Baby Bok Choy, 3 baby bok choy	30	6	0	4	165	3	-
Organic Raw Carrot - ., 1 carrot	30	7	0	1	42	3	-
Herbs - Thai Basil, Leaves, Fresh, 1 g	0	0	0	0	0	0	-
Kikkoman Soy Sauce - Reduced Sodium Soy Sauce, 1 tablespoon	10	1	0	1	575	0	-
Organic - Fresh Lime Juice, 3 fluid ounce	20	6	0	0	15	1	-
Oil - Vegetable, coconut, 1 tbsp	117	0	14	0	0	0	-

Ingredients	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Agave - Sugar, 1 TBSP	60	16	0	0	0	16	⊖
Fennel - Fronds, 1 g	0	0	0	0	0	0	⊖
Cilantro - Fresh Cilantro, 1 tbsp(s)	0	0	0	0	1	0	⊖
Generic - Scallions Per Nutritiondata.self.com, 1 ounce	9	2	0	1	4	1	⊖
Spice Islands (Costco) - Harissa Seasoning, 1 .25 tsp	0	0	0	0	45	0	⊖
Thai Kitchen - Coconut Milk Sc, 16 fluid ounce	840	16	64	0	120	16	⊖
Spice - Coarse Kosher Salt, 2 teaspoon	0	0	0	0	2,240	0	⊖

[Add Ingredient](#)

Total:	2,293	134	88	202	3,969	48	
Per Serving:	382	22	15	34	662	8	