

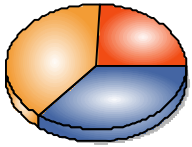


Grilled Cod with Spicy Citrus Marinade

By: Modified by DrJez from Loren Cordain

Recipe grams: 383.50g/13.5oz

Serves 2 191.75g/6.8oz per serving



Protein: 35%
Carbohydrates: 11%
Fat: 53%

INGREDIENTS

1/4 cup ORANGE JUICE
1 tbsp LEMON JUICE, RAW
2 tbsp LIME JUICE, RAW
1 tsp PEPPER, RED OR CAYENNE
2 cloves GARLIC, RAW
2 tbsp OLIVE OIL
2 fillets PACIFIC COD, RAW
2 tbsp CHIVES, RAW
1 tbsp THYME, FRESH

DIRECTIONS

Combine ingredients for marinade. Coat fillets and allow to stand in refrigerator for 15 minutes. Broil or grill fillets for 4-5 minutes per side until fish flakes. Sprinkle with chives and thyme.

Nutrition Facts

Serving Size: 1 serving (191.8g)

Servings: 1

Amount Per Serving

Calories 240 Calories from Fat 130

% Daily Value*

Total Fat 15g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 85mg **4%**

Total Carbohydrate 7g **2%**

Dietary Fiber less than 1g **2%**

Sugars less than 1g

Protein 22g

Vitamin A 15%

• Vitamin C 45%

Calcium 2%

• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.