

Chili, Lime & Cumin Cod

By TheBostonBean on July 29, 2005 | ★ ★ ★ ★ ★ 15 Reviews



Prep Time: 10 mins **Total Time:** 17 mins **Servings:** 2-4

About This Recipe

"Bursting southwest flavor."



Photo by GaylaJ

Ingredients

- 2 lbs fresh cod fish fillets
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano or 1/2 teaspoon dried parsley or 1/2 teaspoon dried cilantro
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1/4 teaspoon cumin
- 1 lime, juice of

Directions

1. Heat oven to 450°F.
2. Coat oven safe pan with oil or cooking spray.
3. Place cod in pan.
4. Sprinkle chili powder, herb and salt.
5. Roast 5-7 minutes until opaque.
6. Melt butter in small saucepan.
7. Add cumin and lime juice and cook for 1 more minute.
8. Before serving drizzle butter mixture over cod.

Chili, Lime & Cumin Cod (cont.)

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (247 g)		Total Fat 14.8g	22%
Servings Per Recipe: 2		Saturated Fat 7.9g	39%
Amount Per Serving	% Daily Value	Cholesterol 226.0mg	75%
Calories 485.6		Sugars 0.4 g	
Calories from Fat 133	27%	Sodium 951.4mg	39%
		Total Carbohydrate 2.8g	0%
		Dietary Fiber 0.6g	2%
		Sugars 0.4 g	1%
		Protein 81.4g	162%

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