

food
network



HEALTH SCORE

71%

Baccala alla Veneta



Very Healthy

READY IN



2950 min.

SERVINGS



4

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 11 cloves garlic thinly sliced
- ☐ 1 cup milk
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 large onion spanish thinly sliced
- ☐ 0.3 cup parmigiano-reggiano freshly grated
- ☐ 1 cup polenta
- ☐ 2 tablespoons salt

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.5 pound cod dried for 48 hours, water changed at least twice daily
- ☐ 3 salt-packed anchovies drained
- ☐ 4 cups water

Equipment

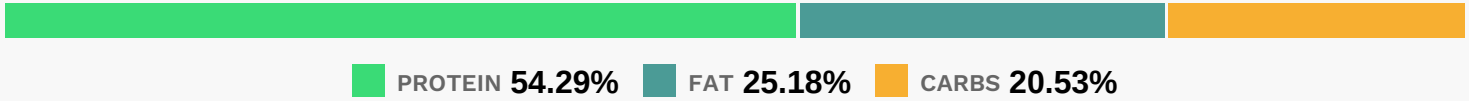
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ In a 12 to 14-inch saute pan, heat 2 tablespoons over medium-high heat until hot, but not smoking.
- ☐ Add the onion and anchovies and cook until the anchovies are breaking up, about 5 minutes.
- ☐ Add 1 thinly sliced garlic and continue cooking until the anchovies have dissolved completely, about more 5 minutes.
- ☐ Meanwhile, remove the skin from the reconstituted codfish, and slice the flesh in half lengthwise.
- ☐ Cut both pieces of fish cross-sectionally into 1-inch pieces.
- ☐ Place the flour and 2 tablespoons of Parmigiano into separate shallow bowls. Dredge a piece of fish in the flour, then the cheese and set aside. Repeat with the remaining pieces of fish. In a large skillet, heat 2 tablespoons extra-virgin olive oil.
- ☐ Add the fish pieces and the remaining 10 thinly sliced garlic cloves. Cook the fish until golden, then flip.
- ☐ Add the onion anchovy mixture and the milk and bring to a boil. Flake the fish with a fork to see if it is cooked.
- ☐ Add 1/2 cup grated cheese and a drizzle of extra-virgin olive oil. Divide the hot polenta evenly among 4 warmed bowls. Spoon the hot codfish and sauce over the polenta and serve immediately.

- ☐
- In a 3-quart saucepan, heat water and salt until boiling.
- ☐
- Drizzle in polenta in a thin stream, whisking constantly, until all polenta is incorporated and mixture begins to thicken. Switch to a wooden spoon, pull off heat and continue to stir until thick as paste.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:24.29, Inflammation Score:-9, Nutrition Score:46.490434853927%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 889.3kcal (44.46%), Fat: 24.15g (37.15%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 39.5g (14.36%), Sugar: 5.3g (5.89%), Cholesterol: 270.12mg (90.04%), Sodium: 15811.13mg (687.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 117.14g (234.28%), Selenium: 260.72µg (372.45%), Vitamin B12: 17.41µg (290.24%), Phosphorus: 1842.44mg (184.24%), Vitamin B6: 1.9mg (94.9%), Potassium: 2807.04mg (80.2%), Magnesium: 288.99mg (72.25%), Vitamin B3: 14.38mg (71.92%), Vitamin D: 7.51µg (50.04%), Vitamin B1: 0.71mg (47.13%), Vitamin E: 7.06mg (47.05%), Calcium: 458.14mg (45.81%), Vitamin B2: 0.61mg (35.77%), Vitamin B5: 3.47mg (34.72%), Iron: 6.19mg (34.4%), Zinc: 4.61mg (30.71%), Manganese: 0.6mg (30.24%), Copper: 0.49mg (24.53%), Folate: 78.16µg (19.54%), Fiber: 4.78g (19.13%), Vitamin C: 11.3mg (13.7%), Vitamin K: 9.95µg (9.48%), Vitamin A: 387.81IU (7.76%)