



Cod Braised with Clams, Linguiça, and Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium carrots chopped
- 2 stalks celery chopped
- 8 ounces chorizo sausage sliced
- 2 cups bottled clam juice
- 24 ounce filets
- 1 pound fingerling potatoes
- 3 garlic cloves chopped

- 1 tablespoon juice of lemon fresh
- 12 littleneck clams
- 1 tablespoon olive oil
- 1 medium onion chopped
- 1 teaspoon tomato paste

Equipment

- frying pan

Directions

- Boil potatoes in salted water 10 minutes or until tender; drain.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and next 3 ingredients; cook 3 minutes or until almost tender.
- Add sausage, and cook 3 minutes.
- Add clam juice and tomato paste; bring to a boil.
- Add clams, reduce heat, and simmer 3 minutes.
- Add cod, and simmer, covered, 4 to 5 minutes or until fish flakes easily when tested with a fork.
- Add potatoes, and cook 1 to 2 minutes or until heated through.
- Drizzle evenly with lemon juice before serving.
- Wine note: A lovely, all-purpose wine to pair with this cod recipe is the Chateau Ste. Michelle 2004 Horse Heaven Sauvignon Blanc (\$18). If you want to expand your vino repertoire, try Ros of Cabernet Sauvignon, 1+1=3, 2004, Penedes, Spain (\$12), recommended by Michael Flynn, wine director and sommelier for Kinkead's Restaurant in Washington, D.C.

Nutrition Facts

 **PROTEIN 37.4%**  **FAT 26.38%**  **CARBS 36.22%**

Properties

Glycemic Index:72.9, Glycemic Load:16.01, Inflammation Score:-10, Nutrition Score:25.951739145362%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 436.82kcal (21.84%), Fat: 12.59g (19.37%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 34.6g (12.58%), Sugar: 7.26g (8.06%), Cholesterol: 115.03mg (38.34%), Sodium: 570.94mg (24.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.17g (80.33%), Selenium: 59.68µg (85.26%), Vitamin A: 3212.49IU (64.25%), Vitamin C: 46.28mg (56.09%), Vitamin B6: 0.93mg (46.29%), Phosphorus: 458.52mg (45.85%), Potassium: 1457.17mg (41.63%), Vitamin B12: 2.3µg (38.25%), Vitamin B3: 5.31mg (26.55%), Magnesium: 95.82mg (23.96%), Vitamin B1: 0.28mg (18.6%), Manganese: 0.36mg (18.14%), Fiber: 4.3g (17.21%), Iron: 2.68mg (14.87%), Folate: 56.15µg (14.04%), Vitamin E: 2.01mg (13.39%), Copper: 0.25mg (12.26%), Vitamin K: 12.64µg (12.03%), Vitamin B2: 0.2mg (11.56%), Vitamin D: 1.53µg (10.21%), Zinc: 1.37mg (9.12%), Calcium: 88.4mg (8.84%), Vitamin B5: 0.85mg (8.49%)