



HEALTH SCORE

76%

Cod, Roman Style: Baccala alla Romana



Gluten Free



Very Healthy

READY IN



2910 min.

SERVINGS



4

CALORIES



1296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baccala
- ☐ 1 tablespoon peppercorns black
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 5 tablespoons olive oil extra virgin
- ☐ 4 cloves garlic finely chopped
- ☐ 1 cup milk

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley stems
- ☐ 1 bunch parsley italian finely chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons tomato paste

Equipment

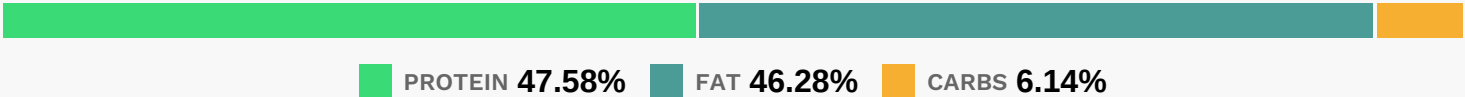
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Soak the baccala in the refrigerator for 2 days in several changes of water. Rinse and pat dry.
- ☐ Bring the chicken stock to a boil, reduce to a simmer and add the baccala. Cook 20 minutes at a simmer.
- ☐ Remove the fish, add the garlic, olive oil, milk and salt and pepper to taste, stir well to combine and cook 5 minutes. Return the fish to the pot, cook for 5 minutes, then serve sprinkled with chopped parsley.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers

for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:78.71, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:63.753478174624%

Flavonoids

Apigenin: 62.57mg, Apigenin: 62.57mg, Apigenin: 62.57mg, Apigenin: 62.57mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 4.31mg, Myricetin: 4.31mg, Myricetin: 4.31mg, Myricetin: 4.31mg Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 1296.18kcal (64.81%), Fat: 65.3g (100.47%), Saturated Fat: 15.04g (94%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 14.65g (5.33%), Sugar: 9.23g (10.26%), Cholesterol: 430.9mg (143.63%), Sodium: 12477.68mg (542.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 151.06g (302.11%), Vitamin K: 506.05µg (481.95%), Selenium: 287.61µg (410.86%), Vitamin B12: 18.02µg (300.42%), Vitamin A: 11012.49IU (220.25%), Phosphorus: 2033.71mg (203.37%), Vitamin B3: 26.83mg (134.16%), Vitamin B6: 2.5mg (125.16%), Potassium: 3524.51mg (100.7%), Magnesium: 310.16mg (77.54%), Vitamin C: 56.06mg (67.95%), Vitamin E: 10.04mg (66.93%), Vitamin B5: 5.19mg (51.88%), Vitamin D: 7.69µg (51.26%), Iron: 9.06mg (50.33%), Calcium: 475.73mg (47.57%), Vitamin B2: 0.79mg (46.66%), Vitamin B1: 0.69mg (46.32%), Zinc: 6.48mg (43.21%), Manganese: 0.74mg (37.14%), Folate: 129.43µg (32.36%), Copper: 0.56mg (27.9%), Fiber: 4.82g (19.28%)