



Cod Stew with Pimenton & Chorizo



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound cod fillet cut into 4 equal servings
- ☐ 4 servings fennel fronds
- ☐ 0.3 teaspoon fennel seeds
- ☐ 0.5 teaspoon pimenton powder spanish
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon red wine vinegar
- ☐ 4 servings salt and pepper as needed

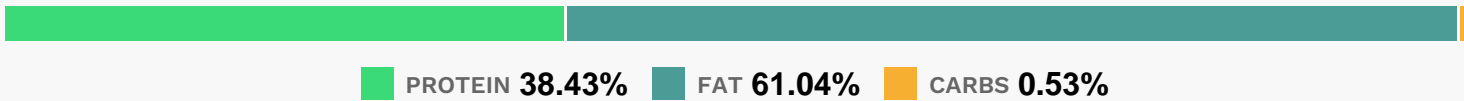
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Over medium heat, warm a medium-sized Dutch oven with lid.
- ☐ Add the oil, the peppers, onions, tomatoes, fennel seeds, pimenton and the chorizo. Stir to coat.
- ☐ Add ¼ cup water and season lightly with salt and pepper.
- ☐ Let vegetables simmer with the lid closed for one hour, stirring occasionally, but carefully to keep the pieces large, until the vegetables become very soft. Taste the accumulated broth and adjust seasoning with more salt and pepper.
- ☐ Add the red wine vinegar. Gently stir to incorporate.Carefully lay the fish pieces on top of the vegetables. Try to keep the fish pieces from touching each other. Cover and cook again for ten minutes until the fish is no longer translucent.Carefully place each piece of fish into each of four shallow serving bowls.
- ☐ Add some tomato, red pepper and chorizo pieces. Spoon some broth on top each piece of fish.
- ☐ Garnish with optional fennel fronds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:9.0591304781644%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 14.28g (21.97%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.04g (0.04%), Cholesterol: 48.76mg (16.25%), Sodium: 308.98mg

(13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.46%), Selenium: 37.54µg (53.63%), Phosphorus: 242.31mg (24.23%), Vitamin E: 2.68mg (17.84%), Vitamin B12: 1.03µg (17.2%), Vitamin B6: 0.28mg (13.94%), Potassium: 475.11mg (13.57%), Vitamin B3: 2.35mg (11.77%), Magnesium: 37.1mg (9.28%), Vitamin K: 8.87µg (8.45%), Vitamin D: 1.02µg (6.8%), Vitamin B1: 0.09mg (5.79%), Calcium: 49.8mg (4.98%), Vitamin B2: 0.07mg (4.38%), Zinc: 0.52mg (3.45%), Iron: 0.6mg (3.31%), Folate: 8.21µg (2.05%), Vitamin B5: 0.18mg (1.76%), Copper: 0.03mg (1.7%), Vitamin C: 1.28mg (1.56%), Manganese: 0.03mg (1.4%)