Fanesca (Ecuadorean Lenten Chowder)

🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
120 min.	**16**	**406 kcal**

(LUNCH) (MAIN COURSE) (MAIN DISH) (DINNER)

Ingredients

- [ ] 1 tablespoon achiote seeds (annatto)
- [ ] 10 oz peas frozen
- [ ] 1 lb butternut squash peeled cut into 1-inch pieces
- [ ] 2.5 cups beans canned rinsed drained
- [ ] 1 lb carrots cut into 1/2-inch pieces
- [ ] 4 ears corn
- [ ] 10 oz baby lima beans frozen
- [ ] 4 large garlic clove minced

- [ ] 0.5 lb green beans cut into 1/2-inch pieces
- [ ] 1 lb cabbage green coarsely chopped
- [ ] 1 teaspoon ground cumin
- [ ] 1 slices hardboiled eggs quartered
- [ ] 0.5 cup hominy canned drained
- [ ] 0.3 cup lentils
- [ ] 1 palm shortening canned sliced (4-inch)
- [ ] 1.3 lb queso asadero french cut into 3/4-inch cubes
- [ ] 1 lb cod boneless skinless
- [ ] 4 spring onion finely chopped
- [ ] 2 tablespoons butter unsalted
- [ ] 0.3 cup vegetable oil
- [ ] 8 cups water
- [ ] 5 cups milk whole
- [ ] 1 lb zucchini cut into 1/2-inch pieces

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] ladle
- [ ] pot
- [ ] sieve

Directions

- [ ] Rinse cod well, then soak in water to cover in a large bowl, changing water 3 or 4 times, 12 hours total. If cod is still too salty, repeat process.
- [ ] Drain cod.
- [ ] While cod is soaking, cook achiote seeds in oil in a small saucepan over moderate heat until oil begins to bubble. Cool seeds in oil, then pour through a sieve, discarding seeds.

- [ ] Heat achiote oil in an 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté garlic, stirring, 30 seconds.

- [ ] Add scallions and cumin, then sauté, stirring occasionally, 2 minutes.

- [ ] Add water and bring to a boil. Stir in two thirds of cheese until incorporated.

- [ ] Stir in lentils and carrots and simmer until lentils are tender, about 20 minutes. Meanwhile, cut 2 ears corn crosswise into 1-inch-thick slices, and cut corn kernels from remaining 2 ears, discarding the 2 cobs.

- [ ] Stir all corn into soup with snow peas, zucchini, calabaza, cabbage, limas, baby peas, hot milk, and butter and simmer 10 minutes. Stir in mixed beans, hominy, and heart of palm and simmer 5 minutes.

- [ ] Add cod, in 1 piece, and cook 2 minutes.

- [ ] To serve, remove cod from chowder and stir in remaining cheese.

- [ ] Cut cod into 2-inch pieces. Ladle chowder into bowls and top each serving with a piece of fish.

- [ ] ·The combination of beans Maricel Presilla suggested — and we liked — was chickpeas, small white beans, cranberry or small kidney beans, and canary or pinto beans.·We kept this chowder warm for a half hour one day, and the fish flaked apart in the soup before we could take it out in a whole piece. We loved the fanesca this way, too.

Nutrition Facts

PROTEIN 30.6%   **FAT 35.7%**   **CARBS 33.7%**
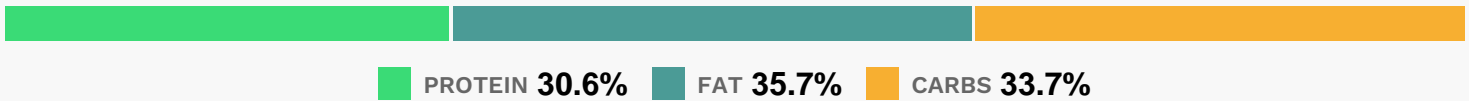
Properties

Glycemic Index:23.61, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:33.16869586447%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 406.1kcal (20.3%), Fat: 16.36g (25.17%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 26.76g (9.73%), Sugar: 13.25g (14.72%), Cholesterol: 82.81mg (27.6%), Sodium: 2740.57mg

(119.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Vitamin A: 8613.07IU (172.26%), Phosphorus: 780.41mg (78.04%), Selenium: 45.5µg (65.01%), Vitamin B12: 3.25µg (54.17%), Vitamin K: 51.63µg (49.17%), Vitamin C: 37.19mg (45.08%), Potassium: 1255.04mg (35.86%), Calcium: 340.43mg (34.04%), Fiber: 7.98g (31.93%), Manganese: 0.62mg (31.02%), Vitamin B6: 0.61mg (30.26%), Magnesium: 110.23mg (27.56%), Vitamin B1: 0.37mg (24.62%), Vitamin B2: 0.41mg (24.23%), Folate: 93.38µg (23.34%), Vitamin B3: 4.32mg (21.59%), Zinc: 2.48mg (16.5%), Iron: 2.96mg (16.44%), Vitamin B5: 1.43mg (14.3%), Vitamin D: 2µg (13.34%), Vitamin E: 1.99mg (13.24%), Copper: 0.26mg (13.14%)