



Salt Cod with Tomatoes and Capers (Baccalà alla Vesuviana)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce frangelico whole canned
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 7 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion diced finely
- ☐ 4.5 teaspoons pepper red

- ☐ 2 pounds cod boneless skinless rinsed well (baccalà)
- ☐ 2 tablespoons salt-packed capers

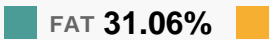
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ In large bowl, combine cod with water to cover by 2 inches. Cover and refrigerate, changing water 3 times a day, 1 to 3 days (see cooks' note, below). Refrigerate until ready to use.
- ☐ In small bowl, combine capers with water to cover by 1 inch. Cover and refrigerate 1 day, changing water 3 times.
- ☐ Drain and rinse capers, then squeeze dry.
- ☐ Drain cod and pat dry, then cut into 4- by 2-inch pieces.
- ☐ In heavy 6- to 8-quart pot over moderate heat, heat 3 tablespoons oil until hot but not smoking.
- ☐ Add onion and sauté until softened and golden, 3 to 4 minutes.
- ☐ Add red pepper flakes, capers, tomatoes and juice, and salt. Using wooden spoon, gently crush tomatoes. Bring to simmer, then carefully add cod.
- ☐ Add parsley and 1/4 cup mint and gently spoon some of sauce over cod. Simmer, uncovered, until cod is tender and heated through, about 5 minutes.
- ☐ Using slotted spatula, transfer cod to serving platter.
- ☐ Remove pot from heat and stir in 3 tablespoons olive oil. Spoon sauce over fish, then sprinkle with remaining 1 tablespoon mint and 1 tablespoon olive oil.
- ☐ Serve warm or at room temperature.
- ☐ Brands of cod differ in their degree of saltiness: A less salty one may need only 1 day of soaking, while another could require up to
- ☐ To test it, simply taste a small piece after 1 day; you want it to be pleasantly salty but not overwhelming.

Nutrition Facts

 **PROTEIN 65.59%**  **FAT 31.06%**  **CARBS 3.35%**

Properties

Glycemic Index:9.83, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:39.523912885915%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 609.53kcal (30.48%), Fat: 20.29g (31.22%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.48g (1.27%), Sugar: 1.83g (2.03%), Cholesterol: 229.82mg (76.61%), Sodium: 11420.27mg (496.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.43g (192.86%), Selenium: 224.28µg (320.4%), Vitamin B12: 15.12µg (252%), Phosphorus: 1455.29mg (145.53%), Vitamin B6: 1.39mg (69.52%), Potassium: 2319.9mg (66.28%), Vitamin B3: 11.62mg (58.12%), Magnesium: 210.09mg (52.52%), Vitamin K: 53.18µg (50.65%), Vitamin E: 7.24mg (48.3%), Vitamin D: 6.05µg (40.32%), Vitamin B1: 0.43mg (28.74%), Calcium: 264.48mg (26.45%), Vitamin B5: 2.61mg (26.11%), Iron: 4.47mg (24.82%), Vitamin B2: 0.4mg (23.25%), Vitamin A: 947.48IU (18.95%), Zinc: 2.59mg (17.23%), Copper: 0.31mg (15.35%), Vitamin C: 12.18mg (14.77%), Folate: 51.76µg (12.94%), Manganese: 0.18mg (8.99%), Fiber: 1.43g (5.74%)