



 **64%**  
HEALTH SCORE

## Salted Cod Ceviche

 **Gluten Free**  **Very Healthy**

READY IN



**1505 min.**

SERVINGS



**6**

CALORIES



**536 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings pepper black freshly ground
- 1 cup cherry tomatoes
- 2 pounds cod dried salted boneless (known as baccala)
- 0.3 cup parsley leaves fresh chopped
- 2 juice of lime juiced
- 0.5 cup olive oil extra-virgin
- 1 large onion red thinly sliced
- 0.3 cup red wine vinegar

- 6 servings salt
- 2 cups milk whole

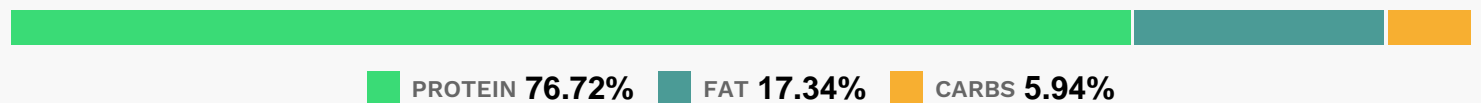
## Equipment

- bowl
- whisk
- pot

## Directions

- Soak the baccala in cold water for 24 hours to re-hydrate, changing the water 3 times to remove the salt.
- Drain and rinse under cold water and put into a large pot.
- Add the milk and enough water to cover by 1-inch. Cook uncovered over medium heat for 45 minutes.
- Drain and set aside to cool. When fish is cool enough to handle, shred the fish into a bowl, taking care to get all the bones out.
- Add onion, parsley, and tomatoes. In a separate bowl, whisk together olive oil, vinegar, lime juice, and salt and pepper.
- Add the dressing to the cod salad, toss and serve.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:39.845217238302%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.95mg, Quercetin: 3.95mg

3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

## Nutrients (% of daily need)

Calories: 536.44kcal (26.82%), Fat: 9.86g (15.17%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.5g (6.11%), Cholesterol: 239.58mg (79.86%), Sodium: 10859.83mg (472.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.19g (196.38%), Selenium: 225.55µg (322.22%), Vitamin B12: 15.56µg (259.32%), Phosphorus: 1534.6mg (153.46%), Vitamin B6: 1.4mg (70.2%), Potassium: 2441.22mg (69.75%), Vitamin B3: 11.63mg (58.13%), Magnesium: 217.55mg (54.39%), Vitamin D: 6.94µg (46.28%), Vitamin K: 45.01µg (42.87%), Calcium: 354.95mg (35.5%), Vitamin E: 5.04mg (33.58%), Vitamin B1: 0.47mg (31.53%), Vitamin B5: 2.91mg (29.14%), Vitamin B2: 0.49mg (28.8%), Iron: 4.23mg (23.49%), Vitamin C: 18.69mg (22.65%), Zinc: 2.84mg (18.95%), Copper: 0.3mg (15.08%), Vitamin A: 681.39IU (13.63%), Folate: 49.33µg (12.33%), Manganese: 0.15mg (7.61%), Fiber: 0.63g (2.53%)