






 **63%**
HEALTH SCORE

Spanish-Style Cod in Chorizo-Tomato Broth

 Dairy Free  Very Healthy

READY IN

40 min.

SERVINGS

4

CALORIES

476 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 8 slices crusty baguette
- 14.5 ounce canned tomatoes crushed canned
- 24 ounce filets
- 0.1 teaspoon pepper red crushed
- 0.5 cup wine dry white
- 0.3 cup flat parsley roughly chopped
- 3 medium cloves garlic halved thinly sliced
- 4 servings kosher salt

- 0.7 cup chicken stock low sodium homemade store-bought
- 2.5 tablespoons olive oil divided
- 2.5 teaspoons paprika smoked divided (paprika)
- 1.5 teaspoons sherry vinegar
- 0.3 cup chorizo diced spanish finely (see note above)
- 2 sprigs thyme leaves

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Heat 1 tablespoon olive oil in a medium saucepan over medium heat until shimmering.
- Add onion and garlic and cook, stirring, until slightly softened, about 3 minutes.
- Add chorizo and continue to cook until sausage is lightly browned, about 4 minutes more.
- Add wine and increase heat to medium-high. Bring to a boil and simmer until reduced by half, about 1 minute.
- Add chicken broth, vinegar, tomatoes, 1 1/2 teaspoons pimentón, crushed red pepper, and thyme. Reduce heat and simmer for 20 minutes, stirring occasionally. Season to taste with salt and pepper.
- While the sauce is simmering, season fish with salt, pepper, and remaining teaspoon of pimentón.
- Heat remaining 1 1/2 tablespoons oil in a large skillet pan over high heat until shimmering. Carefully place cod in pan skin-side down. Cook without moving until skin is crisp and nicely browned, about 3 minutes. Carefully flip fish, reduce heat to medium and continue cooking until fish is firm to the touch and no longer opaque, 4 to 5 minutes longer.
- Transfer fish to a paper towel-lined plate to rest.
- Add baguette slices to pan. Brown on one side and let it and soak up the pan juices. Flip after 1 minute and brown on the other side for about 30 seconds.

Remove from heat.

Discard thyme sprigs from tomato broth. Plate fish by spooning a generous amount of broth into individual bowls. Top with fish, two slices of baguette and parsley and serve immediately.

Nutrition Facts

PROTEIN 35.7% **FAT 27.83%** **CARBS 36.47%**

Properties

Glycemic Index:68.69, Glycemic Load:23.65, Inflammation Score:-9, Nutrition Score:29.725652238597%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 475.81kcal (23.79%), Fat: 14.02g (21.57%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 41.34g (13.78%), Net Carbohydrates: 37.35g (13.58%), Sugar: 8.05g (8.95%), Cholesterol: 77.56mg (25.85%), Sodium: 834.91mg (36.3%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 40.46g (80.93%), Selenium: 68.37µg (97.67%), Vitamin K: 75.53µg (71.94%), Phosphorus: 466.59mg (46.66%), Vitamin B3: 8.45mg (42.24%), Vitamin B1: 0.59mg (39.51%), Vitamin B6: 0.72mg (35.87%), Potassium: 1201.52mg (34.33%), Manganese: 0.62mg (31.01%), Iron: 5.18mg (28.79%), Vitamin E: 4.24mg (28.24%), Vitamin B12: 1.59µg (26.45%), Vitamin A: 1288.27IU (25.77%), Folate: 100.67µg (25.17%), Magnesium: 100.65mg (25.16%), Vitamin B2: 0.41mg (24.13%), Vitamin C: 17.67mg (21.41%), Copper: 0.36mg (17.97%), Fiber: 4g (15.98%), Calcium: 148.29mg (14.83%), Zinc: 1.76mg (11.71%), Vitamin D: 1.53µg (10.21%), Vitamin B5: 0.86mg (8.64%)