



 **40%**
HEALTH SCORE

Chiquetaille: Cod Fish Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound cod salted
- 1 large onion finely chopped
- 2 large shallots finely chopped
- 5 large cloves garlic finely chopped
- 2 carrots very thinly sliced
- 1.5 cups green beans cut in half, vertically
- 0.5 bell pepper green thinly sliced
- 0.5 bell pepper red yellow thinly sliced

- 1 jalapeno green with seeds or 2 scotch bonnets, thinly sl
- 0.5 cup vinegar
- 1 cup olive oil
- 4 cloves whole
- 8 servings salt and pepper

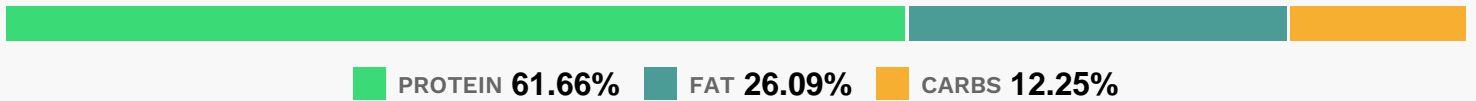
Equipment

- pot
- sieve

Directions

- Soak the cod in cold water in the refrigerator for 24 hours, changing the water 3 times. In a large pot, bring to boil enough water to cover the fish and boil for about 20 minutes.
- Drain in a vegetable strainer and when cool, remove skin, bones and any unsightly fish parts. Shred by hand.
- Mix the shredded fish with the vegetables, olive oil, cloves, salt, pepper and vinegar. Refrigerate for at least 4 days.
- Serve spread on baguette slices for cocktails or as a salad with lettuce, tomatoes and hard boiled eggs.

Nutrition Facts



Properties

Glycemic Index:37.98, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:26.143913043478%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Taste

Sweetness: 28.72%, Saltiness: 32.7%, Sourness: 8.58%, Bitterness: 17.48%, Savoriness: 6.97%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 246.67kcal (12.33%), Fat: 6.91g (10.64%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 5.39g (1.96%), Sugar: 3.27g (3.64%), Cholesterol: 86.18mg (28.73%), Sodium: 4194.59mg (182.37%), Protein: 36.77g (73.54%), Selenium: 84.59µg (120.84%), Vitamin B12: 5.67µg (94.5%), Vitamin A: 3049.56IU (60.99%), Phosphorus: 568.49mg (56.85%), Vitamin B6: 0.65mg (32.67%), Vitamin C: 25.45mg (30.85%), Potassium: 1010.38mg (28.87%), Vitamin B3: 4.73mg (23.67%), Magnesium: 88.37mg (22.09%), Vitamin E: 2.8mg (18.65%), Vitamin K: 15.9µg (15.14%), Vitamin D: 2.27µg (15.12%), Vitamin B1: 0.2mg (13.61%), Manganese: 0.26mg (12.85%), Calcium: 116.64mg (11.66%), Vitamin B5: 1.13mg (11.27%), Vitamin B2: 0.18mg (10.86%), Iron: 1.93mg (10.73%), Folate: 34.28µg (8.57%), Fiber: 1.91g (7.63%), Copper: 0.15mg (7.39%), Zinc: 1.1mg (7.34%)