



Codfish Puppies

READY IN

ready

755 min.

SERVINGS

servings

16

CALORIES

calories

84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon cayenne pepper
- ☐ 1 celery stalk diced finely
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 16 servings lime wedges for garnish
- ☐ 1 lime zest juiced

- ☐ 0.5 cup milk
- ☐ 0.3 cup onion diced finely
- ☐ 0.5 pound cod dried salted
- ☐ 1 scallion diced finely
- ☐ 1 tablespoon vegetable oil for frying plus more

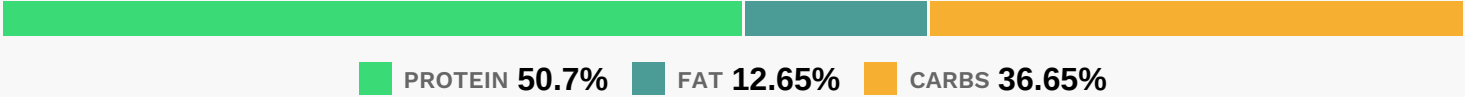
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Place cod in a pot and fill with cold water, covering cod completely. Soak at least 12 hours, at room temperature
- ☐ Remove from water and rinse.
- ☐ Heat oil to 360 degrees F in a deep pot until it comes about 2 inches up the side of the pan. In a medium saute pan, over medium heat, add oil and saute onions, celery, and garlic, until vegetables soften, about 5 minutes.
- ☐ Remove mixture to a bowl and let cool.
- ☐ Add cayenne, scallion, cilantro, lime zest and juice, flour, baking powder, milk and egg.
- ☐ Mix together well. With a fork, flake the cod, being sure to remove the skin.
- ☐ Add the cod to the batter. Using a 1-ounce ice cream scoop, scoop up fritter batter and place into preheated oil. (Fritters should measure about 1 1/2 inches in diameter.) Work in batches. Don't add more than six at a time. Cook until fritters are golden and cooked through, about 6 to 8 minutes.
- ☐ Remove to a paper towel lined plate to drain.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:4.77, Inflammation Score:-3, Nutrition Score:7.226956502251%

Flavonoids

Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 84.08kcal (4.2%), Fat: 1.16g (1.78%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.03g (2.56%), Sugar: 0.65g (0.72%), Cholesterol: 32.69mg (10.9%), Sodium: 1030.65mg (44.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.89%), Selenium: 24.74µg (35.34%), Vitamin B12: 1.48µg (24.72%), Phosphorus: 165.23mg (16.52%), Vitamin B3: 1.58mg (7.91%), Vitamin B6: 0.15mg (7.67%), Vitamin B1: 0.11mg (7.31%), Potassium: 250.31mg (7.15%), Vitamin B2: 0.1mg (5.97%), Magnesium: 23.2mg (5.8%), Calcium: 53.56mg (5.36%), Folate: 20.97µg (5.24%), Iron: 0.87mg (4.85%), Vitamin D: 0.71µg (4.71%), Manganese: 0.08mg (3.97%), Vitamin A: 191.73IU (3.83%), Vitamin E: 0.57mg (3.77%), Vitamin B5: 0.36mg (3.6%), Vitamin C: 2.71mg (3.28%), Zinc: 0.37mg (2.48%), Vitamin K: 2.5µg (2.38%), Copper: 0.05mg (2.29%), Fiber: 0.52g (2.07%)