



Colombian-Style Fish Balls (Albóndigas de Pescado)

READY IN



45 min.

SERVINGS



10

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup bread crumbs
- ☐ 1 tablespoon butter
- ☐ 1 pound codfish white
- ☐ 1 eggs beaten
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh finely chopped

- ☐ 1 garlic clove finely chopped
- ☐ 1 tablespoon milk
- ☐ 0.3 cup oil for frying
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 10 servings salt and pepper

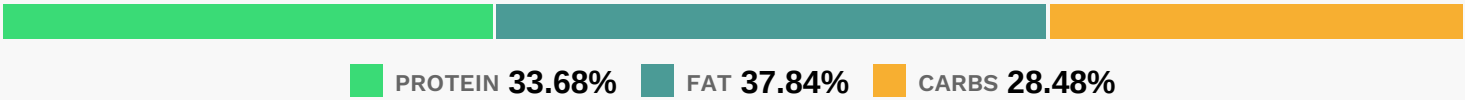
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Place 1 tablespoon butter, 1 tablespoon oil, onion, red bell pepper, garlic, cilantro, salt, and pepper in a large sauté pan over medium-low heat and cook until the vegetables are soft, approximately 10 minutes. Set aside. In a medium pot place the fish, 2 cups water, salt, pepper and bay leaf. Cook about 8-10 minutes.
- ☐ Place the fish in a large bowl and let it cool. Break the fish into small pieces and toss with the bread crumbs, milk and 2 eggs.
- ☐ Add the cooked mixture and mix well. Cover and chill in the refrigerator for 15 minutes. Shape into small balls.
- ☐ Place the flour in a plate and the beaten egg in shallow dish. First coat the fish balls with egg and then with the flour.
- ☐ Heat the oil for frying over medium heat in a large sauté pan.
- ☐ Add the fish balls and fry for 4 to 5 minutes on each side until browned.
- ☐ Drain on paper towels.
- ☐ Serve hot with lime and your favorite sauce on the side.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:7.0391304596611%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg 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: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 136.44kcal (6.82%), Fat: 5.63g (8.66%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.96g (3.26%), Sugar: 0.8g (0.89%), Cholesterol: 71.8mg (23.93%), Sodium: 286.7mg (12.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Selenium: 22.66µg (32.37%), Phosphorus: 138.38mg (13.84%), Vitamin B1: 0.15mg (9.77%), Vitamin B12: 0.56µg (9.33%), Vitamin B2: 0.15mg (8.81%), Vitamin B3: 1.72mg (8.6%), Vitamin B6: 0.16mg (8.18%), Folate: 29.21µg (7.3%), Potassium: 241.04mg (6.89%), Vitamin C: 5.65mg (6.85%), Vitamin E: 0.93mg (6.2%), Manganese: 0.12mg (5.95%), Iron: 1mg (5.55%), Magnesium: 20.97mg (5.24%), Vitamin A: 252.29IU (5.05%), Vitamin D: 0.69µg (4.59%), Vitamin B5: 0.36mg (3.55%), Zinc: 0.52mg (3.5%), Calcium: 29.67mg (2.97%), Vitamin K: 2.78µg (2.65%), Copper: 0.05mg (2.43%), Fiber: 0.57g (2.28%)