



 **24%**
HEALTH SCORE

Fish Crocchette Appetizer

READY IN



45 min.

SERVINGS



8

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings breadcrumbs
- 8 servings canola oil
- 500 grams fish fillet (white or any fish fillet)
- 2 eggs
- 100 grams flour
- 1 clove garlic
- 0.5 lemon zest (grated)
- 1 cup milk
- 50 grams parmesan

- 1 bunch parsley chopped
- 400 grams potatoes
- 8 servings salt
- 150 grams tuna in olive oil

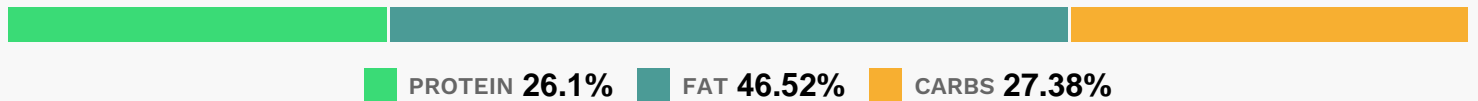
Equipment

- bowl
- paper towels
- sauce pan
- pot
- microwave

Directions

- Begin to cook the fish and potatoes. Cook cod in a saucepan. Boil the potatoes in their skins in a pot with the water or in the microwave in a container with two inches of water (for the cooking time in the microwave, read the instruction booklet)
- Let cool cod, eliminated any remaining bones. In a bowl add the mashed potatoes, the minced cod, the garlic cooked in the milk, tuna, drained, Parmesan, chopped parsley, salt, egg and the half lemon zest grated.
- Mix well the mixture, form into balls to the same size if possible. Coat in white flour, dip in beaten egg and into bread crumbs, fry in canola oil (325 degrees F) until golden, dry on paper towels.

Nutrition Facts



Properties

Glycemic Index: 35.72, Glycemic Load: 13.99, Inflammation Score: -7, Nutrition Score: 23.587826086957%

Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol:

0.51mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Taste

Sweetness: 26.14%, Saltiness: 88.71%, Sourness: 12.21%, Bitterness: 10.22%, Savoriness: 27.08%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 406.22kcal (20.31%), Fat: 21g (32.3%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 25.64g (9.32%), Sugar: 2.68g (2.98%), Cholesterol: 83.46mg (27.82%), Sodium: 512.15mg (22.27%), Protein: 26.5g (53.01%), Vitamin K: 137.84µg (131.28%), Selenium: 52.71µg (75.3%), Vitamin B3: 6.85mg (34.24%), Phosphorus: 323.77mg (32.38%), Vitamin B12: 1.77µg (29.54%), Vitamin D: 3.78µg (25.2%), Vitamin C: 19.93mg (24.15%), Vitamin E: 3.08mg (20.55%), Vitamin B1: 0.3mg (19.91%), Folate: 74.01µg (18.5%), Vitamin B2: 0.3mg (17.69%), Vitamin B6: 0.34mg (17.08%), Potassium: 579.33mg (16.55%), Calcium: 163.67mg (16.37%), Vitamin A: 773.49IU (15.47%), Iron: 2.76mg (15.33%), Manganese: 0.3mg (15.17%), Magnesium: 52.69mg (13.17%), Vitamin B5: 0.97mg (9.74%), Copper: 0.18mg (9.01%), Fiber: 2.17g (8.68%), Zinc: 1.27mg (8.49%)