

Fish Dumplings

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

READY IN



45 min.

SERVINGS



10

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound filets
- 2 tablespoons cornstarch
- 2 large eggs
- 1 teaspoon sea salt fine
- 2 cups whipped cream
- 1.5 teaspoons pepper white freshly ground

Equipment

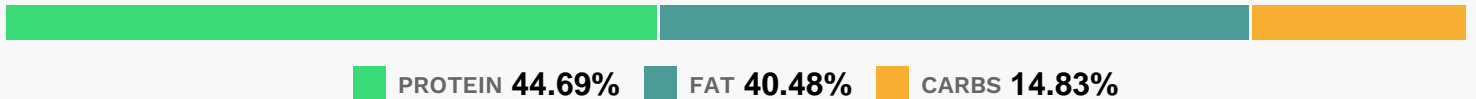
- food processor

- bowl
- pot
- slotted spoon
- meat grinder

Directions

- Run the fish through a meat grinder twice; it should be very fine and smooth. (You can use a food processor, although it can be more difficult to get a smooth consistency that way.)
- In a large bowl, lightly beat the eggs.
- Add the cornstarch, salt, pepper, and fish and mix well. Gently fold the cream into the fish mixture, trying not to deflate cream.
- With a spoon, form the dumpling mixture into small balls.
- If serving the dumplings on their own, bring a pot of salted water (or fish stock) to a boil.
- Add the dumplings, reduce the heat, and simmer for about 7 minutes, until cooked through.
- Remove with a slotted spoon, and serve with béchamel sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:4.5047825846983%

Nutrients (% of daily need)

Calories: 89.32kcal (4.47%), Fat: 3.93g (6.04%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1g (1.11%), Cholesterol: 65.82mg (21.94%), Sodium: 272.36mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Selenium: 18.31µg (26.15%), Phosphorus: 123.3mg (12.33%), Vitamin B12: 0.54µg (8.94%), Vitamin B6: 0.13mg (6.67%), Potassium: 219.09mg (6.26%), Vitamin B2: 0.08mg (4.9%), Vitamin B3: 0.95mg (4.76%), Vitamin D: 0.66µg (4.37%), Magnesium: 17.36mg (4.34%), Vitamin E: 0.47mg (3.15%), Vitamin A: 154.34IU (3.09%), Vitamin B1: 0.04mg (2.87%), Vitamin B5: 0.26mg (2.59%), Calcium: 25.95mg (2.59%), Zinc: 0.38mg (2.55%), Iron: 0.41mg (2.25%), Folate: 8.27µg (2.07%), Copper: 0.02mg (1.24%), Manganese: 0.02mg (1.2%)