



Gefilte Fish

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 carrots finely chopped
- ☐ 2 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 3 stalks celery finely chopped
- ☐ 6 eggs
- ☐ 6 pounds buffalo fish
- ☐ 36 servings horseradish red
- ☐ 0.3 cup matzo meal

- ☐ 1 large onion sliced
- ☐ 2 onions finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 4 quarts water

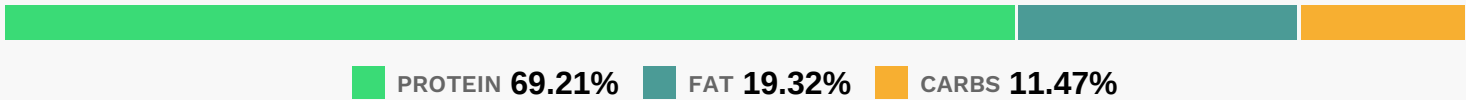
Equipment

- ☐ mixing bowl
- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Fillet fish; set aside. Wrap bones securely in cheese cloth; place in an 8 1/2-quart stock pot.
- ☐ Add sliced onion, celery, carrots, 1 tablespoon salt, sugar, and water. Bring to a boil; cover and simmer 30 minutes. Strain liquid; discard vegetables and bones. Allow liquid to return to a simmer.
- ☐ Grind fish; combine fish, eggs, chopped celery, onion, carrot, matzo meal, remaining salt, and pepper in a large mixing bowl; mix well. Shape fish mixture into oblong patties using 1/2 cup mixture per patty. Drop patties into simmering liquid; cover and cook over low heat 3 hours.
- ☐ Let gefilte fish cool completely in cooking liquid; chill thoroughly.
- ☐ Serve with red horseradish, and garnish with carrot strips and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:8.9047826217568%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 94.85kcal (4.74%), Fat: 2.04g (3.13%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.24g (0.82%), Sugar: 0.97g (1.08%), Cholesterol: 65.08mg (21.69%), Sodium: 455.13mg (19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.83%), Selenium: 34.32µg (49.03%), Vitamin B12: 1.26µg (21%), Vitamin A: 914.14IU (18.28%), Vitamin D: 2.49µg (16.6%), Vitamin B3: 3.08mg (15.39%), Phosphorus: 150.35mg (15.04%), Potassium: 288.15mg (8.23%), Vitamin B6: 0.16mg (8.02%), Folate: 27.25µg (6.81%), Magnesium: 25.16mg (6.29%), Vitamin B2: 0.09mg (5.48%), Vitamin B5: 0.53mg (5.26%), Copper: 0.09mg (4.44%), Iron: 0.64mg (3.56%), Manganese: 0.07mg (3.42%), Vitamin K: 3.48µg (3.32%), Vitamin B1: 0.05mg (3.14%), Vitamin E: 0.43mg (2.87%), Zinc: 0.41mg (2.72%), Calcium: 22.14mg (2.21%), Fiber: 0.48g (1.9%), Vitamin C: 1.48mg (1.8%)