



Hot Cape Cod Dip

READY IN



45 min.

SERVINGS



10

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 1 pound cod fillet
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup milk
- ☐ 10 servings garnish: parsley fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.8 teaspoon salt
- ☐ 2 shallots minced
- ☐ 0.5 cup whipping cream
- ☐ 0.3 teaspoon worcestershire sauce

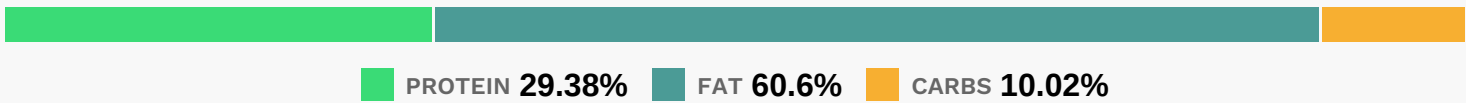
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Pour water to a depth of 2 inches into a large skillet; bring to a boil.
- ☐ Add fish, and return to a boil. Cover, reduce heat. and simmer 5 to 8 minutes or until fish flakes with a fork.
- ☐ Remove from skillet with a slotted spoon; cool slightly. Flake into bite-size pieces.
- ☐ Saut shallots in butter in a heavy saucepan over medium-high heat 3 minutes or until tender; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in whipping cream and next 6 ingredients.
- ☐ Add fish; cook over low heat until thoroughly heated.
- ☐ Serve in a chafing dish; garnish, if desired.
- ☐ Serve warm.
- ☐ Note: Double recipe to fill chafing dish.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:8.5026086931643%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 8.62g (13.26%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.74g (1.93%), Cholesterol: 35.15mg (11.72%), Sodium: 253.66mg (11.03%), Alcohol: 0.31g (100%), Alcohol %: 0.41% (100%), Protein: 9.4g (18.8%), Vitamin K: 66.22µg (63.07%), Selenium: 16.05µg (22.93%), Vitamin A: 710.6IU (14.21%), Phosphorus: 125.57mg (12.56%), Vitamin B12: 0.53µg (8.91%), Vitamin C: 6.87mg (8.33%), Potassium: 273.16mg (7.8%), Vitamin B6: 0.15mg (7.52%), Vitamin B3: 1.08mg (5.38%), Magnesium: 21.47mg (5.37%), Vitamin D: 0.8µg (5.33%), Vitamin B2: 0.09mg (5.2%), Calcium: 47.48mg (4.75%), Vitamin B1: 0.06mg (4.04%), Vitamin E: 0.57mg (3.83%), Folate: 13.21µg (3.3%), Iron: 0.56mg (3.14%), Zinc: 0.38mg (2.55%), Manganese: 0.05mg (2.43%), Vitamin B5: 0.21mg (2.09%), Fiber: 0.36g (1.42%), Copper: 0.03mg (1.4%)