



Tortas de Pescado Seco (Colombian-Style Salted Cod Fish Cakes)

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 1 pound codfish salted
- ☐ 1 eggs beaten
- ☐ 2 garlic cloves chopped
- ☐ 0.5 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 12 servings salt and ground pepper black

- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 1 potatoes cooked mashed
- ☐ 1 bell pepper diced red
- ☐ 2 scallions diced
- ☐ 1 tomatoes chopped
- ☐ 12 servings vegetable oil for frying

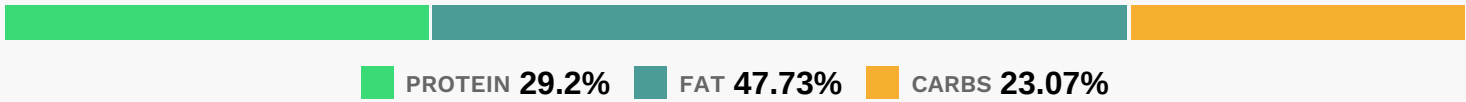
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Soak the codfish overnight in water, changing the water 3 or 4 times.In a medium pot, with enough water to cover the salted codfish, cook for about 15 minutes. Strain and remove any bones, and let cool. Set aside.In a large sauce pan warm the olive oil, saute onion, scallions, red bell pepper, tomato and garlic until the vegetables are soft. Season with salt and pepper.In a medium bowl place the beaten egg, flour, and salt in a bowl.
- ☐ Add codfish, cumin and achiote. Shape into patties and fry them in a skillet with vegetable oil for about 2 to 3 minutes per side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:3.47, Inflammation Score:-5, Nutrition Score:6.8669565086779%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 110.19kcal (5.51%), Fat: 5.87g (9.03%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.29g (1.43%), Cholesterol: 29.89mg (9.96%), Sodium: 28.74mg (1.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin C: 19.2mg (23.27%), Selenium: 14.27µg (20.38%), Vitamin K: 12.6µg (12%), Phosphorus: 105.65mg (10.57%), Vitamin B6: 0.21mg (10.41%), Vitamin A: 453.98IU (9.08%), Potassium: 307.69mg (8.79%), Vitamin E: 1.08mg (7.2%), Vitamin B12: 0.38µg (6.28%), Vitamin B3: 1.23mg (6.17%), Magnesium: 21.43mg (5.36%), Manganese: 0.11mg (5.34%), Vitamin B1: 0.07mg (4.72%), Folate: 18.67µg (4.67%), Fiber: 1.02g (4.07%), Vitamin B2: 0.07mg (4.05%), Iron: 0.67mg (3.7%), Vitamin D: 0.41µg (2.76%), Copper: 0.05mg (2.57%), Zinc: 0.36mg (2.39%), Vitamin B5: 0.23mg (2.3%), Calcium: 18.61mg (1.86%)