

# Rellenong Milk Fish (Bangus) #FilipinoFoodsPhilippines

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/milk-fish-recipe-chinese>

## Ingredients:

- 1 egg large
- 2 tomatoes chopped
- 1 box raisins
- 1 carrot small-sized, small cubes
- 4 cloves garlic minced
- 1 onion chopped finely
- 1 milk fish large size, bangus
- 1 teaspoon msg
- 1 teaspoon salt
- 1/2 teaspoon worcestershire sauce
- 1 green bell pepper chopped finely
- 2 tablespoons flour
- cooking oil for frying

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 55 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1220 milligrams
9. Sugar: 5 grams

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