

# Paksiw na Bangus (Milkfish Stew)

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 bangus ; scaled and cleaned
- 1 knob ginger ; peeled and sliced
- 6 cloves garlic ; peeled
- 1/2 cup vinegar
- 1 cup water
- 1 onion sliced
- 3 finger chili
- 2 teaspoons salt
- 1 teaspoon peppercorn

## Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 5 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 1190 milligrams
6. Sugar: 1 grams

---

Thank you for visiting our website. Hope you enjoy Paksiw na Bangus (Milkfish Stew) above. You can see more 18 milkfish chinese recipe Taste the magic today! to get more great cooking ideas.