

Cod topped with Portuguese Broa Bread

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cod-cakes-recipe-portuguese>

Ingredients:

- 4 fillets cod desalted
- 4 slices bread 'broa', alternately use brown bread
- 1 onion finely chopped
- ground black pepper
- 2 bay leaves
- 3 cloves garlic finely chopped
- 1 tablespoon paprika
- 1 11/16 cups dry white wine
- 1 teaspoon pork lard
- olive oil

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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