

Maria's Portuguese Bacalau

Yield: 8 min
Total Time: 120 min

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

Ingredients:

- 2 pounds cod fish dried salted
- 4 yukon gold potatoes
- 3 tablespoons butter
- 2 yellow onions thinly sliced
- 2 cloves garlic chopped, divided
- 1/2 cup fresh parsley chopped, divided
- 3/4 cup olive oil
- 1 1/2 teaspoons red pepper flakes
- freshly ground pepper to taste
- 4 eggs hard cooked, chopped
- 10 green olives pitted
- 10 pitted black olives

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 115 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 135 milligrams
9. Sugar: 1 grams

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