

Insalata di Baccala (Italian Salt Cod Salad)

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-salt-recipe>

Ingredients:

- salt cod soaked for 12 to 36 hours, depending on the thickness, rinse 2 or 3 times and one more time when removing from the water
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic
- fresh parsley some chopped

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 1 grams
3. Fat: 10 grams
4. SaturatedFat: 1.5 grams

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