

Nutrition Facts

Sauteed Swai

4 Servings

Amount Per Serving	
Calories	137.9
Total Fat	5.6 g
Saturated Fat	1.5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	45.0 mg
Sodium	580.9 mg
Potassium	12.7 mg
Total Carbohydrate	8.0 g
Dietary Fiber	0.3 g
Sugars	0.0 g
Protein	16.1 g
Vitamin A	0.0 %
Vitamin B-12	0.0 %
Vitamin B-6	0.2 %
Vitamin C	0.0 %
Vitamin D	0.0 %
Vitamin E	0.0 %
Calcium	0.2 %
Copper	0.8 %
Folate	0.7 %

Sauteed Swai

Ingredients

16 oz (1 lb) Swai frozen fish fillets, defrosted (cut into 4 portions)

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

1 tablespoon extra-virgin olive oil

Directions

1. Combine flour, salt and pepper in a shallow dish. Thoroughly dredge fillets; discard any leftover flour.

2. Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Serve immediately.

Serving Size: 4 oz

Number of Servings: 4



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Feed Our Future

Shopping Matters Workshop

Protein Foods



Boston Butt, Pork
(Shoulder Blade)

Swai Fish

Pork Blade Sausage

Ingredients

2 pounds pork butt (2 1/2 pounds with bone), cooked, diced fine with some of the fat
2 teaspoons kosher salt
1 1/2 teaspoons freshly ground black pepper
2 teaspoons finely sage leaves
2 teaspoons finely chopped fresh thyme leaves
1/2 teaspoon finely chopped fresh rosemary leaves
1 tablespoon light brown sugar
1/2 teaspoon fresh grated nutmeg
1/2 teaspoon cayenne pepper
1/2 teaspoon red pepper flakes

Directions

Mix ingredients together. Heat in skillet. Use as breakfast patties or in place of hamburger in any recipe

Servings: 20 (1.8 oz each)

Nutrition Facts

Pork Blade Sausage

20 Servings

Amount Per Serving	
Calories	147.1
Total Fat	10.9 g
Saturated Fat	4.0 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	4.9 g
Cholesterol	42.6 mg
Sodium	143.8 mg
Potassium	151.8 mg
Total Carbohydrate	0.8 g
Dietary Fiber	0.1 g
Sugars	0.6 g
Protein	10.7 g
Vitamin A	0.6 %
Vitamin B-12	5.4 %
Vitamin B-6	8.1 %
Vitamin C	0.5 %
Vitamin D	0.0 %
Vitamin E	0.0 %
Calcium	1.1 %
Copper	2.7 %
Folate	0.5 %

Slow Cooker Pork Blade

Ingredients

2-1/2 lbs pork butt with bone, trimmed of fat

2 teaspoons salt
1 1/2 teaspoons pepper
1 teaspoon paprika
1 teaspoon chili powder

Directions

Place in slow cooker.

Cook for 8-10 hours on low until tender.

Serving Size: 3 oz

Serves: 12

Nutrition Facts

Slow Cooker Pork Blade

12 Servings

Amount Per Serving	
Calories	157.8
Total Fat	9.1 g
Saturated Fat	3.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	51.0 mg
Sodium	438.8 mg
Potassium	7.5 mg
Total Carbohydrate	0.4 g
Dietary Fiber	0.1 g
Sugars	0.0 g
Protein	15.1 g
Vitamin A	1.9 %
Vitamin B-12	0.0 %