



Chili-Cumin Fried Fish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons chili powder
- ☐ 4 servings cilantro sprigs fresh
- ☐ 0.5 teaspoon coarse salt
- ☐ 3 large eggs beaten to blend
- ☐ 2 pounds fish fillets white red (such as sea bass, orange roughy or snapper)
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 servings lemon wedges

- ☐ 1 cup matzo meal unsalted
- ☐ 0.3 cup vegetable oil ()

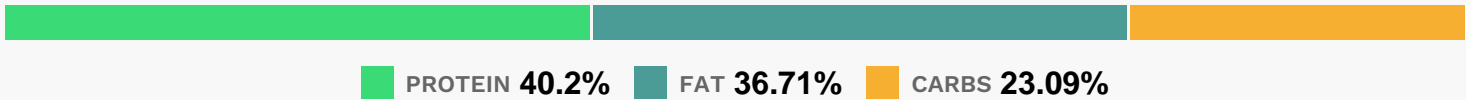
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Sprinkle fish fillets generously on all sides with coarse salt; let stand 30 minutes. Rinse fish to remove salt and pat dry with paper towels.
- ☐ Place eggs and matzo meal in separate large shallow bowls.
- ☐ Mix chili powder, cumin, black pepper and 1/2 teaspoon coarse salt in small bowl to blend.
- ☐ Sprinkle fish generously with chili powder mixture. Dip fish into eggs, then into matzo meal, coating completely.
- ☐ Transfer fish to waxed paper.
- ☐ Heat 1/4 cup oil in heavy large skillet over medium-high heat. Working in batches, fry fish in single layer until just opaque in center and golden brown, adding more oil if necessary, about 5 minutes per side.
- ☐ Transfer fish to paper towels and drain.
- ☐ Arrange fish on platter.
- ☐ Garnish with lemon wedges and cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:26.900869628657%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 539.44kcal (26.97%), Fat: 22g (33.85%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 29.23g (10.63%), Sugar: 0.43g (0.48%), Cholesterol: 252.9mg (84.3%), Sodium: 496.05mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.21g (108.42%), Selenium: 119.69µg (170.99%), Vitamin B12: 3.92µg (65.29%), Vitamin B3: 10.51mg (52.56%), Vitamin D: 7.78µg (51.87%), Phosphorus: 501.3mg (50.13%), Vitamin K: 31.32µg (29.83%), Vitamin B6: 0.52mg (25.91%), Vitamin B2: 0.44mg (25.77%), Potassium: 833.57mg (23.82%), Iron: 3.91mg (21.74%), Vitamin E: 3.23mg (21.54%), Manganese: 0.41mg (20.71%), Magnesium: 80.75mg (20.19%), Folate: 78.86µg (19.71%), Vitamin B5: 1.86mg (18.58%), Vitamin B1: 0.25mg (16.93%), Vitamin A: 813.36IU (16.27%), Copper: 0.25mg (12.44%), Zinc: 1.6mg (10.65%), Fiber: 1.92g (7.68%), Calcium: 63.43mg (6.34%)