



Coconut Walnut Halibut

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

4522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce medallions can substitute grouper
- ☐ 1 cup asian breadcrumbs plain
- ☐ 0.5 cup coconut or shredded
- ☐ 1 cup egg wash mixed well 2 eggs and
- ☐ 1 cup flour with a pinch of salt and white pepper all-purpose
- ☐ 1 optional: lemon
- ☐ 0.5 gallon vegetable oil
- ☐ 0.5 cup walnut pieces can substitute pecans

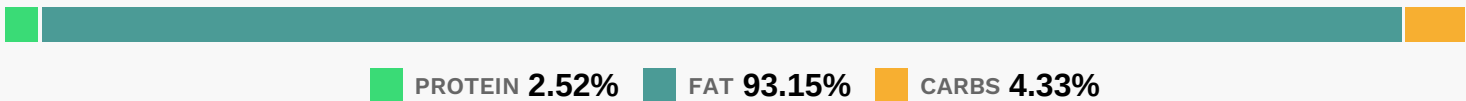
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ To prepare the fish, first coat the fish with flour, tap off excess and then dip into the egg wash.
- ☐ Mix the breadcrumbs, coconut and walnuts together in a third pan. Finish the fish in the coconut breading mixture. Ensure that the breading is evenly covering the fish, and then repeat with the remaining fish.
- ☐ Heat the oil in a large, heavy-duty pot or deep-fryer to 350 degrees F. Once the fish has been breaded, drop the breaded fish into the oil and cook until golden brown, about 90 seconds. Flip the fish once during the cooking process. Once cooked, remove and allow to rest on paper towels to absorb excess oil.
- ☐ During resting, sprinkle with salt and pepper, and then squeeze the lemon over the cooked fish.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:17.97, Inflammation Score:-8, Nutrition Score:28.1699999993366%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 4521.99kcal (226.1%), Fat: 476.25g (732.69%), Saturated Fat: 76.34g (477.1%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 45.06g (16.39%), Sugar: 3.66g (4.07%), Cholesterol: 225.99mg (75.33%), Sodium: 1421.34mg (61.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin K: 836.46µg (796.63%), Vitamin E: 37.94mg (252.94%), Manganese: 1.14mg (56.78%), Selenium: 37.88µg (54.12%), Vitamin B1: 0.6mg (39.86%), Folate: 134.53µg (33.63%), Vitamin B2: 0.57mg (33.54%), Phosphorus: 264.81mg (26.48%), Iron: 4.74mg (26.33%), Copper: 0.44mg (22.18%), Vitamin B3: 3.93mg (19.63%), Fiber: 4.69g (18.78%), Vitamin C: 14.83mg (17.98%), Vitamin B5: 1.38mg (13.82%), Magnesium: 54.24mg (13.56%), Zinc: 1.97mg (13.15%), Vitamin B6: 0.26mg (12.76%), Calcium: 110.87mg (11.09%), Vitamin B12: 0.64µg (10.59%), Potassium: 307.55mg (8.79%), Vitamin D: 1.22µg (8.1%), Vitamin A: 336.92IU (6.74%)