



Crispy Oven-Fried Cod

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 0.8 cup bread crumbs dry
- ☐ 2 large eggs lightly beaten
- ☐ 24 oz scrod fillet (3/)
- ☐ 1 teaspoon salt
- ☐ 4 servings accompaniment: lemon wedges and tartar sauce
- ☐ 6 tablespoons vegetable oil
- ☐ 0.8 cup cornmeal yellow

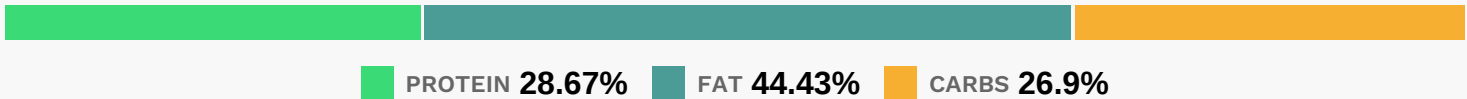
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 500°F.
- ☐ Combine bread crumbs, cornmeal, salt, and cayenne in a large sealable plastic bag and shake to mix.
- ☐ Season fish with salt and pepper on both sides and, working with 1 piece at a time, put fish in bag and shake to coat well with crumbs. Dip fish in eggs, then shake in crumbs again to coat.
- ☐ Transfer fish to a plate.
- ☐ Heat 3 tablespoons oil in a 12-inch heavy ovenproof skillet (preferably cast-iron) over high heat until hot but not smoking, then fry fish until undersides are golden brown, about 1 minute. Turn over, add remaining 3 tablespoons oil, and cook 1 minute more. Put skillet in upper third of oven and bake until fish is just cooked through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:12.98, Inflammation Score:-6, Nutrition Score:22.950434892074%

Nutrients (% of daily need)

Calories: 552.54kcal (27.63%), Fat: 26.93g (41.43%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 32.94g (11.98%), Sugar: 1.87g (2.08%), Cholesterol: 166.21mg (55.4%), Sodium: 864.85mg (37.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Selenium: 70.89µg (101.27%), Phosphorus: 495.82mg (49.58%), Vitamin K: 39.76µg (37.87%), Vitamin B6: 0.66mg (33.16%), Vitamin B12: 1.84µg (30.69%), Vitamin B1: 0.43mg (28.34%), Vitamin B3: 5.62mg (28.1%), Potassium: 876mg (25.03%), Magnesium: 98.3mg (24.58%), Vitamin E: 3.2mg (21.34%), Manganese: 0.41mg (20.74%), Vitamin B2: 0.34mg (19.74%), Iron: 2.97mg (16.53%), Zinc: 2.31mg (15.41%), Fiber: 3.75g (15.01%), Folate: 55.64µg (13.91%), Vitamin D: 2.03µg (13.54%), Copper: 0.19mg (9.53%), Vitamin B5: 0.93mg (9.33%), Calcium: 80.87mg (8.09%), Vitamin A: 256.7IU (5.13%), Vitamin C: 1.82mg (2.21%)