



Deep Fried Fish Bones



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



8 small fish fillet



4 cups vegetable oil

Equipment



paper towels



sauce pan



knife

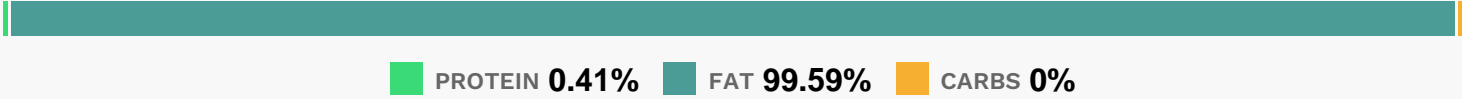


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Directions

- ☐ Separate the flesh from the head by cutting behind the gill flap of each fish. Keeping your knife against the bones, cut along the length of the fish to remove the fillet, peeling the flesh away as you go. Turn the fish over and repeat. Keep the tails on. Store the fillets for another use.
- ☐ Heat 4 cups of vegetable oil in a wok or deep saucepan until it reaches 375°F.
- ☐ Add a few bones at a time and fry until crispy and lightly golden brown, about 2 to 3 minutes.
- ☐ Remove and drain on paper towels, sprinkle with salt.
- ☐ Serve immediately or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.5295651879%

Nutrients (% of daily need)

Calories: 387.34kcal (19.37%), Fat: 43.63g (67.13%), Saturated Fat: 6.66g (41.63%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 1mg (0.33%), Sodium: 1.04mg (0.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 80.21µg (76.39%), Vitamin E: 3.57mg (23.83%), Selenium: 0.84µg (1.19%)