



Fish Fry

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs plain
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1.5 pounds cod fresh
- ☐ 2 large eggs
- ☐ 4 servings wedged lemons and malt vinegar for topping
- ☐ 0.5 teaspoon ground mustard dried
- ☐ 4 servings salt and pepper
- ☐ 1 cup unbleached flour all-purpose

- ☐ 4 servings vegetable oil for frying
- ☐ 2 tablespoons water cold

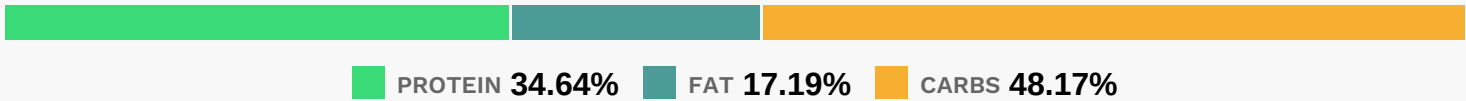
Equipment

- ☐ frying pan

Directions

- ☐ Special equipment: 3 disposable pie tins
- ☐ Pour 2-inches of vegetable oil into a large skillet.
- ☐ Place skillet over large burner and heat oil over medium high heat. To check if the oil is hot enough, drop in 1-inch cube of white bread. The bread should brown in a 40 count.
- ☐ Cut cod into 4 servings, 6 to 8-ounce portions and season with salt and pepper.
- ☐ Place a couple of scoops of flour in a pie tin.
- ☐ Combine egg and water in second tin. Season plain bread crumbs and mustard and cayenne in the third tin. Coat fish in flour, then egg, and then bread crumbs. Gently set coated fish into hot oil and fry 5 minutes on each side until medium golden brown in color.
- ☐ When the fish is evenly golden all over, remove and drain on brown paper sacks.
- ☐ Suggested: 3 disposable pie tins .

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:14.7, Inflammation Score:-6, Nutrition Score:24.416956497275%

Nutrients (% of daily need)

Calories: 528.66kcal (26.43%), Fat: 9.81g (15.09%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 61.86g (20.62%), Net Carbohydrates: 58.61g (21.31%), Sugar: 3.57g (3.97%), Cholesterol: 166.14mg (55.38%), Sodium: 717.59mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.48g (88.95%), Selenium: 90.55µg (129.35%), Phosphorus: 516.85mg (51.68%), Vitamin B1: 0.69mg (45.93%), Manganese: 0.79mg (39.41%), Vitamin B3: 7.45mg (37.23%), Vitamin B12: 1.96µg (32.66%), Vitamin B2: 0.46mg (27.23%), Vitamin B6: 0.54mg (27.01%), Potassium: 878.59mg (25.1%), Folate: 92.29µg (23.07%), Magnesium: 89.71mg (22.43%), Iron: 4.01mg (22.28%), Calcium:

146.22mg (14.62%), Zinc: 2.16mg (14.38%), Vitamin D: 2.03µg (13.54%), Copper: 0.26mg (13.2%), Fiber: 3.24g (12.98%), Vitamin E: 1.8mg (11.99%), Vitamin B5: 1.08mg (10.8%), Vitamin K: 9.17µg (8.73%), Vitamin A: 255.75IU (5.12%), Vitamin C: 1.81mg (2.2%)