



Flying Fish with Lime-and-Caper Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup cornmeal
- 2 large eggs
- 48 ounce flying fish fillets
- 0.8 cup flour all-purpose
- 6 servings lime-and-caper aioli
- 1 teaspoon salt
- 1 sprigs garnishes: thyme tomato wedges fresh red chopped

6 servings vegetable oil

2 tablespoons water

Equipment

bowl

dutch oven

Directions

Stir together first 4 ingredients in a shallow dish. Stir together eggs and water in a bowl. Dip fish in egg mixture; dredge in flour mixture.

Pour oil to a depth of 2 inches in a Dutch oven; heat oil to 37

Fry fish in batches 2 1/2 minutes on each side or until golden.

Serve with Lime-and-Caper Aioli; garnish, if desired.

*Grouper or any small, firm whitefish may be substituted for flying fish.

Nutrition Facts

 **PROTEIN 40.88%** **FAT 37.27%** **CARBS 21.85%**

Properties

Glycemic Index:42.08, Glycemic Load:17.47, Inflammation Score:-6, Nutrition Score:25.256956577301%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 501.2kcal (25.06%), Fat: 20.78g (31.98%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 24.86g (9.04%), Sugar: 0.53g (0.59%), Cholesterol: 175.4mg (58.47%), Sodium: 530.73mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.29g (102.58%), Selenium: 106.44µg (152.06%), Vitamin B12: 3.73µg (62.2%), Vitamin B3: 10.3mg (51.48%), Vitamin D: 7.36µg (49.09%), Phosphorus: 481.85mg (48.18%), Vitamin K: 29.37µg (27.97%), Vitamin B6: 0.52mg (26.2%), Folate: 98.28µg (24.57%), Potassium: 799.09mg (22.83%), Magnesium: 88.97mg (22.24%), Vitamin B1: 0.28mg (18.95%), Vitamin B2: 0.32mg (18.66%), Manganese: 0.35mg (17.41%), Iron: 2.97mg (16.52%), Vitamin B5: 1.56mg (15.65%), Vitamin E: 2.33mg (15.52%),

Copper: 0.26mg (13.07%), Zinc: 1.7mg (11.35%), Fiber: 2.55g (10.21%), Calcium: 39.66mg (3.97%), Vitamin C: 2.3mg (2.79%), Vitamin A: 102.33IU (2.05%)