

Fried Anchovies

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound marinated anchovies fresh salted whole tinned cleaned (not the or variety)
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 servings cherry tomatoes as needed
- ☐ 4 servings top
- ☐ 3 large eggs
- ☐ 4 servings olive oil extra virgin for dipping bread, optional
- ☐ 1.5 cup flour
- ☐ 2 cup olive oil

☐ 4 servings salt and pepper black to taste

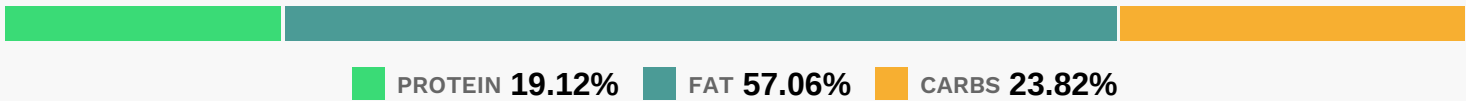
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ If you are using whole, fresh anchovies you must clean them first. Pull off the heads and pull out the insides. Then rinse with clean water.
- ☐ Pour the olive oil into a small deep saucepan set over heat. Use a deep fry thermometer to monitor the heat.Meanwhile, add the eggs to a small bowl and beat until well mixed.
- ☐ Add the flour, cayenne, salt and black pepper to a shallow bowl, use a fork to mix the ingredients together. Dip the fish one at a time into the beaten eggs and then roll it in flour.When the oil reaches 365 degrees F. fry the fish a few at a time, rolling them around in the oil to assure even cooking until they are golden brown (about 5-8 minutes).
- ☐ Serve with crusty bread, extra-virgin olive oil for dipping the bread (optional) and tomatoes.

Nutrition Facts



Properties

Glycemic Index:46.88, Glycemic Load:26.29, Inflammation Score:-8, Nutrition Score:31.470000225565%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 717.26kcal (35.86%), Fat: 45.32g (69.73%), Saturated Fat: 7.64g (47.78%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 40.21g (14.62%), Sugar: 4.01g (4.46%), Cholesterol: 207.54mg (69.18%), Sodium: 388.96mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.35%), Selenium: 69.83µg (99.76%), Vitamin

B3: 19.55mg (97.73%), Vitamin E: 7.06mg (47.09%), Iron: 7.77mg (43.18%), Vitamin B2: 0.73mg (43.01%), Vitamin C: 33.84mg (41.02%), Phosphorus: 365.04mg (36.5%), Vitamin B1: 0.51mg (33.74%), Folate: 134.21µg (33.55%), Manganese: 0.57mg (28.66%), Vitamin K: 26.05µg (24.81%), Potassium: 862.94mg (24.66%), Copper: 0.45mg (22.35%), Calcium: 212.19mg (21.22%), Vitamin A: 1034.93IU (20.7%), Zinc: 2.98mg (19.89%), Magnesium: 75.14mg (18.79%), Vitamin B6: 0.37mg (18.38%), Vitamin B12: 1.04µg (17.28%), Vitamin B5: 1.71mg (17.06%), Fiber: 2.36g (9.43%), Vitamin D: 0.75µg (5%)