

## Fried Smelts

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



280 kcal

SIDE DISH

### Ingredients

- 1 cup flour all-purpose
- 2 tablespoons salt
- 1 cup vegetable oil for frying or as needed

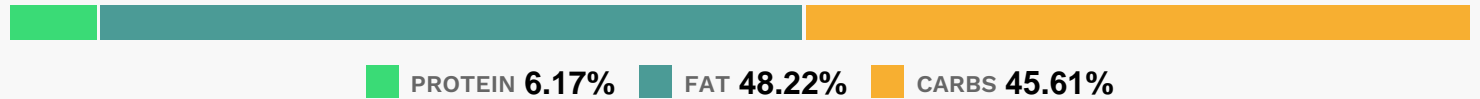
### Equipment

- frying pan
- paper towels
- whisk
- slotted spoon

## Directions

- Whisk together flour and salt in a pie plate. Dredge smelt in flour mixture, coating both the outside and cavity of the fish.
- Heat oil in a frying pan 1/4-inch deep over medium heat until hot.
- Place fish in the hot oil; fry until crisp and firm, 2 to 3 minutes each side.
- Remove fish with a slotted spoon; drain on a paper towel-lined plate.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:23, Inflammation Score:-4, Nutrition Score:7.235217363938%

## Nutrients (% of daily need)

Calories: 280.14kcal (14.01%), Fat: 14.94g (22.99%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 30.67g (11.15%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 4651.79mg (202.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin K: 26.85µg (25.57%), Vitamin B1: 0.33mg (21.81%), Selenium: 14.14µg (20.2%), Folate: 76.25µg (19.06%), Manganese: 0.3mg (14.81%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.21mg (12.11%), Iron: 1.98mg (10.98%), Vitamin E: 1.21mg (8.09%), Fiber: 1.13g (4.5%), Phosphorus: 45mg (4.5%), Copper: 0.06mg (3.18%), Magnesium: 9.29mg (2.32%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.18mg (1.83%), Potassium: 45.54mg (1.3%)