



Fried Snapper with Nuoc Nam Sauce

READY IN



18 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings sticky rice hot cooked
- ☐ 0.5 cup cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup half-and-half
- ☐ 4 servings jalapeño thinly sliced
- ☐ 4 servings mangos diced
- ☐ 0.5 cup milk
- ☐ 4 servings nuoc nam

- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 24 ounce yellowtail snapper fillets

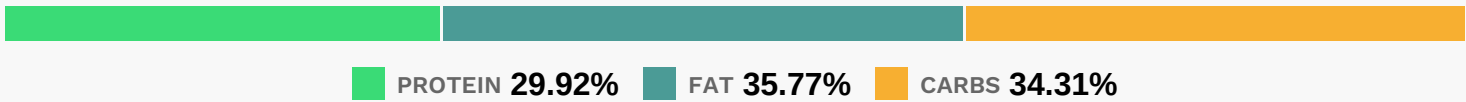
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a large shallow bowl.
- ☐ Combine flour and cornstarch in a separate large shallow bowl.
- ☐ Pour oil to depth of 1 inch in a deep skillet or Dutch oven; heat to 350 to 36
- ☐ Place snapper in flour mixture, coating both sides and shaking off excess. Dip snapper into egg mixture and then back into flour mixture, shaking off excess.
- ☐ Place immediately into hot oil, and fry 3 minutes on each side or until golden brown and crispy.
- ☐ Serve immediately over hot cooked rice with Nuoc Nam, mango, and jalapeo.

Nutrition Facts



Properties

Glycemic Index:49.19, Glycemic Load:9.27, Inflammation Score:-6, Nutrition Score:25.996087146842%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 573.56kcal (28.68%), Fat: 22.26g (34.25%), Saturated Fat: 6g (37.49%), Carbohydrates: 48.04g (16.01%), Net Carbohydrates: 46.52g (16.92%), Sugar: 3.12g (3.47%), Cholesterol: 123.68mg (41.23%), Sodium: 241.34mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.9g (83.81%), Vitamin D: 17.94µg (119.57%), Selenium: 81.09µg (115.84%), Vitamin B12: 5.44µg (90.69%), Phosphorus: 447.86mg (44.79%), Vitamin B6: 0.78mg (39.02%),

Vitamin E: 4.2mg (27.97%), Potassium: 848.89mg (24.25%), Vitamin B5: 1.94mg (19.35%), Manganese: 0.38mg (18.78%), Magnesium: 73.11mg (18.28%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.25mg (14.95%), Calcium: 136.56mg (13.66%), Folate: 46.37µg (11.59%), Zinc: 1.5mg (10%), Vitamin B3: 1.79mg (8.97%), Vitamin A: 442.19IU (8.84%), Iron: 1.48mg (8.23%), Vitamin C: 6.33mg (7.67%), Copper: 0.14mg (6.78%), Fiber: 1.52g (6.09%), Vitamin K: 1.34µg (1.28%)