



Gluten-Free Fish Fingers



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup almond flour



1 eggs



1 lb deboned fish white firm (flake or swordfish)



4 servings oil for frying



4 servings salt and pepper

Equipment



bowl

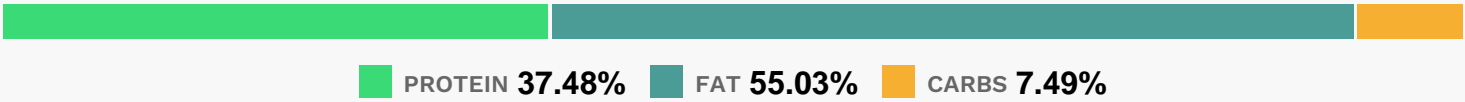


frying pan

Directions

- ☐ Cut the fish into finger lengths.Beat the egg, salt and pepper in a small bowl.
- ☐ Place the almond flour onto a flat plate.Dip the fish into the egg and then into the almond flour, turning it to cover all sides.
- ☐ Pour some oil into a non-stick frying pan and heat until hot.
- ☐ Place the crumbed fish fingers into the frying pan and fry on both sides until golden brown.
- ☐ Serve with a wedge of lemon.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.122608661652%

Nutrients (% of daily need)

Calories: 307.54kcal (15.38%), Fat: 19.63g (30.21%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 3.05g (1.11%), Sugar: 1.02g (1.13%), Cholesterol: 97.62mg (32.54%), Sodium: 268.38mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Selenium: 50.78µg (72.54%), Vitamin B12: 1.89µg (31.49%), Vitamin D: 3.74µg (24.9%), Vitamin B3: 4.43mg (22.17%), Phosphorus: 214.56mg (21.46%), Fiber: 2.97g (11.87%), Iron: 1.89mg (10.49%), Potassium: 357.68mg (10.22%), Vitamin B6: 0.2mg (10.12%), Folate: 32.39µg (8.1%), Magnesium: 31.94mg (7.99%), Calcium: 76.42mg (7.64%), Vitamin B5: 0.72mg (7.21%), Vitamin B2: 0.12mg (7.16%), Vitamin E: 1.06mg (7.06%), Copper: 0.09mg (4.66%), Vitamin K: 3.62µg (3.44%), Zinc: 0.52mg (3.44%), Vitamin B1: 0.05mg (3.39%), Manganese: 0.05mg (2.28%), Vitamin A: 59.4IU (1.19%)