



Grouper Fingers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups saltine cracker crumbs 30 saltine crackers
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1.3 pounds grouper fillets white or any firm fish
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 6 servings tropical tartar sauce

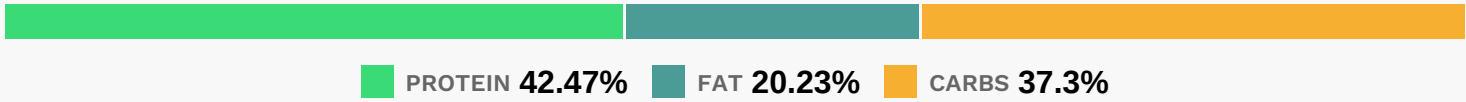
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cut fish into 3-by-1/2-inch strips.
- ☐ Combine flour, salt, and pepper. Dredge fish in flour mixture, shaking off excess. Dip in egg, and roll in cracker crumbs, shaking off excess crumbs.
- ☐ Place on a baking sheet. Cover and chill at least 1 hour.
- ☐ Pour oil to depth of 2 inches into a Dutch oven.
- ☐ Heat to 37
- ☐ Fry fish fingers in hot oil 2 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately with Tropical Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:5.76, Inflammation Score:-4, Nutrition Score:12.241739025501%

Nutrients (% of daily need)

Calories: 236.07kcal (11.8%), Fat: 5.13g (7.88%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 20.47g (7.44%), Sugar: 0.39g (0.43%), Cholesterol: 128.03mg (42.68%), Sodium: 450.94mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.43%), Selenium: 47.51µg (67.88%), Phosphorus: 231.99mg (23.2%), Vitamin B1: 0.28mg (18.73%), Vitamin B6: 0.35mg (17.32%), Folate: 62.83µg (15.71%), Iron: 2.75mg (15.27%), Potassium: 530.5mg (15.16%), Vitamin B2: 0.26mg (15.06%), Vitamin B12: 0.81µg (13.42%), Manganese: 0.25mg (12.51%), Vitamin B5: 1.22mg (12.23%), Vitamin B3: 2.06mg (10.29%), Magnesium: 38.82mg (9.7%), Zinc: 0.97mg (6.48%), Vitamin A: 272.41IU (5.45%), Vitamin K: 5.19µg (4.94%), Calcium: 45.15mg (4.52%), Copper: 0.08mg (3.89%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.49mg (3.25%), Fiber: 0.8g (3.19%)