



Grouper Nuggets

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs dry italian
- ☐ 8 servings canola oil
- ☐ 0.5 teaspoon chili powder
- ☐ 2 tablespoons cornstarch
- ☐ 8 round buttery crackers crushed
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon garlic salt

- ☐ 1.5 pound grouper fillet cut into 1- by 2-inch nuggets
- ☐ 0.5 cup milk
- ☐ 2 teaspoons quick-cooking grits
- ☐ 1 teaspoon salt
- ☐ 8 servings herbed tartar sauce

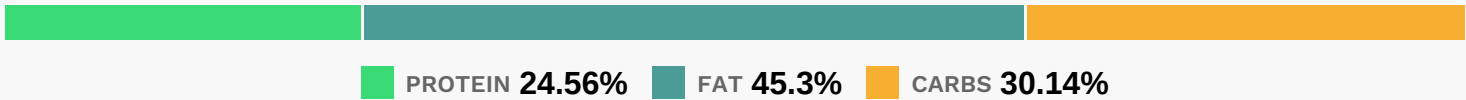
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Stir together eggs and milk, and pour over fish nuggets; chill for 1 to 3 hours.
- ☐ Combine flour and next 9 ingredients in a heavy-duty zip-top plastic bag.
- ☐ Add one-third of grouper nuggets, and shake to coat; repeat process twice. Chill coated nuggets for 30 minutes.
- ☐ Pour oil to a depth of 2 inches in a large skillet; heat to 35
- ☐ Recoat nuggets with remaining breading mixture, and fry in batches for 4 to 6 minutes, turning once.
- ☐ Serve with Herbed Tartar Sauce.
- ☐ *In testing, we used Saltine crackers.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:8.91, Inflammation Score:-5, Nutrition Score:13.253043393645%

Nutrients (% of daily need)

Calories: 368.66kcal (18.43%), Fat: 18.32g (28.18%), Saturated Fat: 2.3g (14.34%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 26.17g (9.52%), Sugar: 1.97g (2.19%), Cholesterol: 79.87mg (26.62%), Sodium: 639.19mg (27.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Selenium: 44.1µg (63.01%), Vitamin

B1: 0.35mg (23.15%), Phosphorus: 228.32mg (22.83%), Vitamin E: 2.78mg (18.53%), Vitamin B6: 0.32mg (15.87%),
Folate: 60.73µg (15.18%), Potassium: 504.39mg (14.41%), Manganese: 0.29mg (14.34%), Iron: 2.58mg (14.33%),
Vitamin B2: 0.23mg (13.4%), Vitamin K: 13.34µg (12.71%), Vitamin B12: 0.75µg (12.52%), Vitamin B3: 2.33mg (11.66%),
Vitamin B5: 1.05mg (10.48%), Magnesium: 40.64mg (10.16%), Calcium: 81.97mg (8.2%), Zinc: 0.98mg (6.51%),
Vitamin A: 253.22IU (5.06%), Fiber: 1.26g (5.02%), Copper: 0.09mg (4.63%), Vitamin D: 0.42µg (2.79%)