



Jay's Potato-Crusted Fish with Mango Salsa

 Dairy Free

READY IN



64 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cayenne pepper
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh plus more for garnish chopped
- ☐ 1 cup potatoes instant mashed
- ☐ 1 jalapeno minced seeded
- ☐ 1 juice of lime
- ☐ 4 servings kosher salt

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 lime zest finely grated
- ☐ 1 mangos diced ripe
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion red chopped
- ☐ 24 ounce striped bass fillets skinless
- ☐ 4 servings vegetable oil for frying

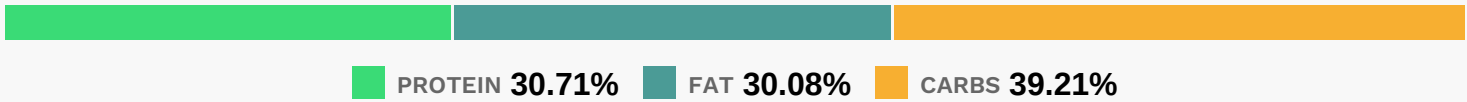
Equipment

- ☐ frying pan

Directions

- ☐ Mix the instant potatoes, lime zest, cayenne, 2 teaspoons salt and 1/2 teaspoon black pepper in a shallow dish. Beat the eggs in another dish. Season the flour with salt and black pepper in a third dish. Dredge each fish fillet in the seasoned flour, dip in the eggs, then coat completely with the potato mixture.
- ☐ Place a large nonstick skillet over medium-high heat.
- ☐ Add about 1/2 inch of vegetable oil. When the oil is hot, place the fish curved-side down in the pan; cook until golden brown and crisp, 3 to 4 minutes. Turn and cook until golden on the other side, about 3 more minutes. Top with the salsa and more cilantro.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:78.44, Glycemic Load:21.92, Inflammation Score:-8, Nutrition Score:29.56130442412%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol:

0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 506.08kcal (25.3%), Fat: 16.88g (25.96%), Saturated Fat: 3.2g (19.98%), Carbohydrates: 49.51g (16.5%), Net Carbohydrates: 45.61g (16.59%), Sugar: 9.54g (10.61%), Cholesterol: 229.08mg (76.36%), Sodium: 365.49mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.54%), Selenium: 82.95µg (118.5%), Vitamin B12: 6.72µg (112%), Vitamin C: 44.73mg (54.22%), Phosphorus: 465.36mg (46.54%), Vitamin B1: 0.61mg (40.73%), Vitamin B6: 0.81mg (40.54%), Vitamin B3: 6.89mg (34.45%), Folate: 122.33µg (30.58%), Magnesium: 98.86mg (24.71%), Potassium: 842.27mg (24.06%), Vitamin B5: 2.3mg (23.03%), Vitamin A: 1122.17IU (22.44%), Vitamin B2: 0.38mg (22.07%), Iron: 3.85mg (21.38%), Manganese: 0.37mg (18.4%), Fiber: 3.89g (15.57%), Vitamin E: 2.33mg (15.52%), Vitamin K: 15.1µg (14.38%), Copper: 0.23mg (11.32%), Zinc: 1.46mg (9.76%), Calcium: 68.77mg (6.88%), Vitamin D: 0.5µg (3.33%)