



Jeannie's Kickin' Fried Fish

READY IN



40 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground to taste
- ☐ 1 teaspoon blackened seasoning old bay® such as
- ☐ 2 teaspoons butter
- ☐ 1 eggs
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup seasoned bread crumbs italian progresso® such as
- ☐ 0.3 cup milk
- ☐ 1.5 tablespoons olive oil
- ☐ 2 teaspoons roasted onion flakes

- ☐ 0.3 teaspoon sea salt freshly ground to taste
- ☐ 1 pound tilapia fillets dry rinsed

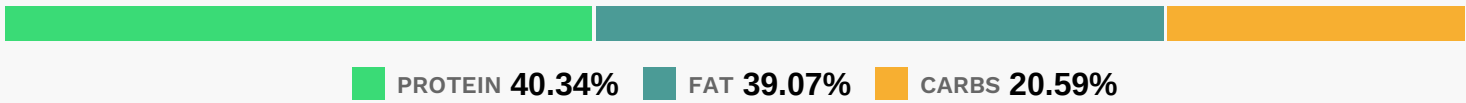
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Beat the egg with milk in a shallow bowl. In another shallow bowl, mix together the bread crumbs, roasted onion flakes, garlic, blackened seasoning, crushed red pepper flakes, black pepper, and sea salt.
- ☐ Dip a tilapia fillet into the egg mixture, then press gently into the crumb mixture on both sides; set the coated fillet onto a plate. Repeat with remaining fillets; refrigerate the coated fillets for about 15 minutes to help set the crumbs.
- ☐ Heat the olive oil and butter in a cast-iron frying pan over medium heat.
- ☐ Lay the fillets into the skillet, and pan-fry until golden brown on each side, about 3 minutes per side. The fish should be opaque and flaky underneath the coating.
- ☐ Remove and drain fillets on paper towels.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:15.661739266437%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 269.73kcal (13.49%), Fat: 11.75g (18.07%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.91g (4.69%), Sugar: 2.82g (3.13%), Cholesterol: 105.58mg (35.19%), Sodium: 578.23mg (25.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.59%), Selenium: 55.24µg (78.91%), Vitamin B12: 2.06µg (34.27%), Phosphorus: 272.2mg (27.22%), Vitamin B3: 5.42mg (27.09%), Vitamin D: 3.96µg (26.39%), Vitamin B6: 0.3mg (14.95%), Vitamin B1: 0.22mg (14.8%), Folate: 54.47µg (13.62%), Potassium: 471.12mg (13.46%), Manganese: 0.27mg (13.45%), Vitamin B2: 0.22mg (12.78%), Vitamin K: 12.24µg (11.66%), Magnesium: 44.19mg (11.05%), Vitamin E: 1.44mg (9.59%), Vitamin B5: 0.94mg (9.38%), Iron: 1.67mg (9.29%), Calcium: 80.15mg (8.02%), Copper: 0.15mg (7.31%), Zinc: 0.88mg (5.88%), Fiber: 1.02g (4.1%), Vitamin A: 185.03IU (3.7%), Vitamin C: 2.72mg (3.3%)