



 5%
HEALTH SCORE

My Asian Fried Fish Fillet

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon allspice
- 1 tablespoon double-acting baking powder
- 500 grams fish fillet thick cut into ¼ inch
- 0.5 cup masa
- 1 tablespoon curry powder
- 2 eggs
- 1 teaspoon pepper white
- 5 tablespoons rice wine

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- 2 tablespoons soya sauce
- 1.5 cups sugar

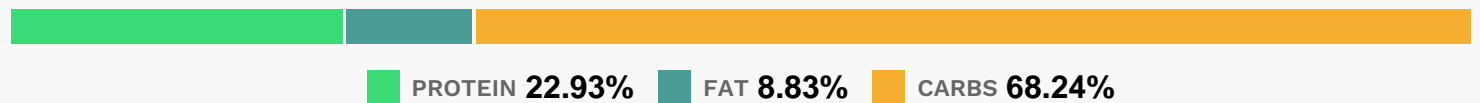
Equipment

- bowl

Directions

- In a bowl, put fish fillet and put the ff also : rice wine, soy sauce, white pepper, sugar, all spice and curry powder.
- Mix them well and marinate for 30 minutes. Set aside in the fridge. Then beat 2 eggs and slowly add to the marinated fish, add also the corn flour and baking powder
- Mix well and make sure the fillet is well coated. Now you can start frying, the oil should be hot.

Nutrition Facts



Properties

Glycemic Index: 32.85, Glycemic Load: 35.47, Inflammation Score: -3, Nutrition Score: 11.452608695652%

Taste

Sweetness: 100%, Saltiness: 13.41%, Sourness: 2.57%, Bitterness: 3.57%, Savoriness: 8.29%, Fattiness: 18.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 388.12kcal (19.41%), Fat: 3.5g (5.39%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 60.91g (20.3%), Net Carbohydrates: 59.81g (21.75%), Sugar: 50.24g (55.82%), Cholesterol: 96.23mg (32.08%), Sodium: 613.65mg (26.68%), Alcohol: 6.04g (33.54%), Protein: 20.46g (40.93%), Selenium: 41.75µg (59.64%), Phosphorus: 249.43mg (24.94%), Vitamin B12: 1.45µg (24.12%), Vitamin D: 2.88µg (19.18%), Vitamin B3: 3.7mg (18.48%), Calcium: 157mg (15.7%), Vitamin B6: 0.23mg (11.49%), Magnesium: 41.39mg (10.35%), Potassium: 337.37mg (9.64%), Iron: 1.64mg (9.11%), Vitamin B2: 0.15mg (8.87%), Manganese: 0.17mg (8.5%), Folate: 32.38µg (8.1%), Vitamin B5: 0.67mg (6.72%), Copper: 0.12mg (5.86%), Zinc: 0.72mg (4.81%), Vitamin E: 0.72mg (4.79%), Vitamin B1: 0.07mg (4.52%), Fiber: 1.11g (4.43%), Vitamin K: 2.21µg (2.1%), Vitamin A: 89.99IU (1.8%)