



Pan-Fried Cod with Slaw

READY IN



33 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 small carrots shredded
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon celery seeds
- ☐ 24 ounce cod
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 gala apple julienned
- ☐ 6 cups light-green cabbage thinly sliced

- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup milk
- ☐ 0.3 cup saltines crushed
- ☐ 1 bunch scallions white green thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 4 servings vegetable oil for shallow frying
- ☐ 1 tablespoon whole-grain mustard plus more for serving

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the mayonnaise, vinegar, mustard, sugar, caraway seeds, 1 1/2 teaspoons salt, and pepper to taste in a large bowl. Toss in the cabbage, carrot, apple and scallions; cover and refrigerate.
- ☐ Whisk the egg and milk in a medium bowl; add the cod and set aside to soak.
- ☐ Mix the flour, cracker meal, cayenne pepper and a pinch of salt on a plate.
- ☐ Heat 1 inch of oil in a heavy-bottomed skillet over medium-high heat.
- ☐ Remove the fish from the milk mixture and dredge in the flour mixture, turning to coat. Fry in the hot oil until golden, 2 to 4 minutes per side.
- ☐ Transfer to a paper-towel-lined plate to drain; season with salt and pepper.
- ☐ Serve with the slaw and extra mustard.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 24.68%**  **FAT 56.23%**  **CARBS 19.09%**

Properties

Glycemic Index:122.98, Glycemic Load:12.19, Inflammation Score:-9, Nutrition Score:32.337826438572%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 649.18kcal (32.46%), Fat: 41.02g (63.11%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 26.45g (9.62%), Sugar: 13.69g (15.21%), Cholesterol: 146.97mg (48.99%), Sodium: 809.1mg (35.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.51g (81.03%), Vitamin K: 170.44µg (162.32%), Selenium: 81.98µg (117.12%), Vitamin C: 42.52mg (51.54%), Vitamin B12: 3µg (50.04%), Vitamin A: 2465.45IU (49.31%), Phosphorus: 412.4mg (41.24%), Vitamin B3: 8.15mg (40.74%), Vitamin D: 5.91µg (39.43%), Folate: 128.12µg (32.03%), Potassium: 901.56mg (25.76%), Vitamin B6: 0.5mg (25.19%), Vitamin E: 3.37mg (22.47%), Manganese: 0.45mg (22.42%), Vitamin B2: 0.36mg (21.29%), Vitamin B1: 0.31mg (20.57%), Fiber: 4.88g (19.51%), Magnesium: 75.5mg (18.87%), Iron: 2.86mg (15.89%), Vitamin B5: 1.56mg (15.55%), Calcium: 125.16mg (12.52%), Copper: 0.21mg (10.71%), Zinc: 1.3mg (8.69%)