



Pan-Fried John Dory

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 3.5 cups breadcrumbs made from bread fresh italian crustless
- ☐ 24 ounce john dory fillets skinless
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.8 teaspoon salt

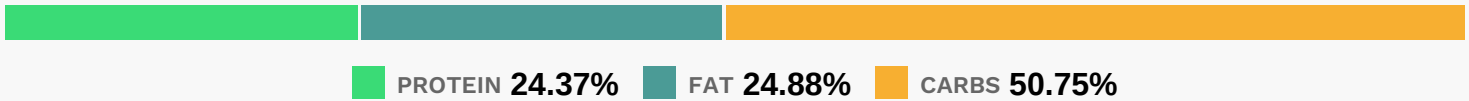
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Preheat oven to 250°F.
- ☐ Whisk eggs with 3/4 teaspoon salt and 1/2 teaspoon pepper in shallow dish.
- ☐ Place flour on plate.
- ☐ Place breadcrumbs on another plate. Dredge fish in flour; shake off excess. Dip fish into seasoned eggs, then coat completely with breadcrumbs.
- ☐ Transfer to baking sheet.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add 2 fillets and cook until coating is golden brown and fillets are opaque in center, about 3 minutes per side. Using 2 spatulas, transfer to rimmed baking sheet; keep warm in oven. Repeat with remaining fillets.
- ☐ Transfer fish to platter.
- ☐ Garnish with lemon wedges and serve.

Nutrition Facts



Properties

Glycemic Index:47.79, Glycemic Load:70.13, Inflammation Score:-8, Nutrition Score:41.001739232436%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 976.46kcal (48.82%), Fat: 26.71g (41.1%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 122.61g (40.87%), Net Carbohydrates: 113.4g (41.24%), Sugar: 12.07g (13.41%), Cholesterol: 166.14mg (55.38%), Sodium: 1543.52mg (67.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.86g (117.72%), Selenium: 134.21µg (191.73%), Manganese: 2.75mg (137.33%), Vitamin B3: 16.95mg (84.74%), Vitamin B1: 1.24mg (82.41%), Phosphorus: 696.15mg (69.62%), Folate: 256.96µg (64.24%), Iron: 10.1mg (56.09%), Vitamin B2: 0.9mg (53.03%), Magnesium: 149.7mg (37.43%), Fiber: 9.22g (36.86%), Vitamin B6: 0.7mg (35.22%), Calcium: 306.44mg (30.64%), Potassium: 1067.26mg (30.49%), Vitamin B12: 1.77µg (29.51%), Vitamin B5: 2.48mg (24.83%), Vitamin E: 3.71mg (24.74%), Zinc: 3.46mg (23.1%), Copper: 0.42mg (21.05%), Vitamin K: 19.02µg (18.11%), Vitamin D: 2.03µg (13.54%), Vitamin A: 208.77IU (4.18%), Vitamin C: 2.64mg (3.21%)