



Panfried Fish Fillets

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 1.5 pounds fish fillet
- 0.5 cup parmesan cheese all-purpose grated
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 6 servings vegetable oil
- 1 tablespoon water

Equipment

- bowl
- frying pan
- paper towels

Directions

- Cut fish fillets into 6 serving pieces.
- Sprinkle both sides of fish with salt and pepper.
- Beat egg and water in shallow bowl until well mixed.
- Sprinkle flour on waxed paper or a plate. Dip both sides of fish pieces into egg, then coat completely with flour.
- Heat oil (1/8 inch) in 10-inch skillet over medium heat about 2 minutes. Fry fish in oil 6 to 10 minutes, turning once, until fish flakes easily with fork and is brown on both sides.
- Drain on paper towels.

Nutrition Facts

PROTEIN 37.41% **FAT 61%** **CARBS 1.59%**

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:13.162173853296%

Nutrients (% of daily need)

Calories: 278.3kcal (13.91%), Fat: 18.96g (29.17%), Saturated Fat: 4.32g (27%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.03g (0.04%), Cholesterol: 91.23mg (30.41%), Sodium: 409.14mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.33%), Selenium: 52.57µg (75.1%), Vitamin B12: 1.97µg (32.82%), Vitamin K: 27.57µg (26.25%), Phosphorus: 260.2mg (26.02%), Vitamin D: 3.7µg (24.69%), Vitamin B3: 4.44mg (22.19%), Vitamin E: 1.72mg (11.46%), Potassium: 368.51mg (10.53%), Vitamin B6: 0.2mg (10.15%), Calcium: 89.49mg (8.95%), Magnesium: 34.52mg (8.63%), Vitamin B2: 0.13mg (7.87%), Folate: 31.17µg (7.79%), Vitamin B5: 0.69mg (6.92%), Zinc: 0.83mg (5.54%), Copper: 0.09mg (4.74%), Iron: 0.81mg (4.5%), Vitamin B1: 0.05mg (3.45%), Manganese: 0.06mg (2.85%), Vitamin A: 111.91IU (2.24%)