



Salmon Skin Fritters

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup flour all-purpose
- 6 ounce king salmon skin washed (skin from 1 side of salmon)
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 8 servings vegetable oil

Equipment

- frying pan

Directions

- Pour oil to depth of 1 inch into a large heavy skillet; heat to 375 over medium-high heat.
- Slice salmon skin into 4- by 1/2-inch strips.
- Sprinkle with sugar and salt. Dredge strips in flour; fry, in batches, 2 to 3 minutes or until golden.
- Drain well.
- Note: For extra flavor, add 1 tablespoon curry powder or Cajun seasoning to flour.

Nutrition Facts

PROTEIN 10.88% **FAT 75.14%** **CARBS 13.98%**

Properties

Glycemic Index:18.14, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:5.3473913611277%

Nutrients (% of daily need)

Calories: 184.31kcal (9.22%), Fat: 15.43g (23.73%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 6.25g (2.27%), Sugar: 0.52g (0.58%), Cholesterol: 11.69mg (3.9%), Sodium: 154.86mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin K: 25.77µg (24.54%), Selenium: 10.41µg (14.87%), Vitamin B12: 0.68µg (11.27%), Vitamin B3: 2.13mg (10.66%), Vitamin B6: 0.18mg (8.87%), Vitamin E: 1.15mg (7.67%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.12mg (7.03%), Phosphorus: 50.96mg (5.1%), Folate: 19.61µg (4.9%), Vitamin B5: 0.39mg (3.88%), Copper: 0.06mg (3.23%), Potassium: 112.58mg (3.22%), Iron: 0.54mg (2.98%), Manganese: 0.06mg (2.85%), Magnesium: 7.89mg (1.97%), Zinc: 0.19mg (1.27%)