



Sephardic-Style Fried Fish

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds filets
- 4 large eggs
- 1.3 cups flour all-purpose
- 1 slices garnishes: lemon dill sprigs fresh
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 1.5 teaspoons sea salt coarse-grain
- 8 servings vegetable oil

0.7 cup water cold

Equipment

bowl

paper towels

whisk

baking pan

dutch oven

Directions

Arrange fish fillets in a large baking dish.

Sprinkle evenly on both sides with sea salt.

Pour cold water to cover over fish. Chill 1 hour.

Whisk together 2/3 cup cold water and next 4 ingredients in a large bowl until mixture is smooth.

Drain fish, and pat dry between layers of paper towels. Dip fish in batter, allowing excess to drip off.

Pour oil to depth of 1 1/4 inches into a Dutch oven; heat to 37

Fry fish, in batches, 10 minutes or until golden brown.

Drain on paper towels.

Serve immediately.

Garnish, if desired.

Nutrition Facts



PROTEIN 35.48% **FAT 45.8%** **CARBS 18.72%**

Properties

Glycemic Index:15.25, Glycemic Load:11.51, Inflammation Score:-4, Nutrition Score:16.407391045405%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 351.79kcal (17.59%), Fat: 17.53g (26.98%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.55g (5.65%), Sugar: 0.15g (0.17%), Cholesterol: 153.95mg (51.32%), Sodium: 694.9mg (30.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.56g (61.12%), Selenium: 61.66µg (88.09%), Phosphorus: 359.93mg (35.99%), Vitamin B12: 1.51µg (25.21%), Vitamin K: 26.13µg (24.88%), Vitamin B3: 4.18mg (20.88%), Vitamin B6: 0.4mg (19.97%), Vitamin B1: 0.28mg (18.76%), Potassium: 644.08mg (18.4%), Vitamin B2: 0.31mg (18.22%), Vitamin E: 2.33mg (15.52%), Folate: 60µg (15%), Magnesium: 53.33mg (13.33%), Vitamin D: 1.78µg (11.84%), Iron: 1.96mg (10.92%), Manganese: 0.18mg (9.07%), Zinc: 1.11mg (7.41%), Vitamin B5: 0.69mg (6.93%), Copper: 0.09mg (4.62%), Calcium: 41.29mg (4.13%), Vitamin A: 201.69IU (4.03%), Fiber: 0.58g (2.32%), Vitamin C: 1.52mg (1.85%)