

## Sesame Fish Sticks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoons chili pepper flakes red
- ☐ 2 eggs beaten
- ☐ 1.5 lbs fish fillets red (cod, tilapia, snapper, halibut)
- ☐ 0.8 cup flour
- ☐ 1 large clove garlic minced
- ☐ 0.3 cup orange marmalade
- ☐ 0.3 teaspoon powdered ginger or fresh minced
- ☐ 0.8 cup rice vinegar

- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper
- ☐ 1 cup sesame seed
- ☐ 1 teaspoon soya sauce
- ☐ 0.3 cup sugar
- ☐ 4 servings vegetable oil

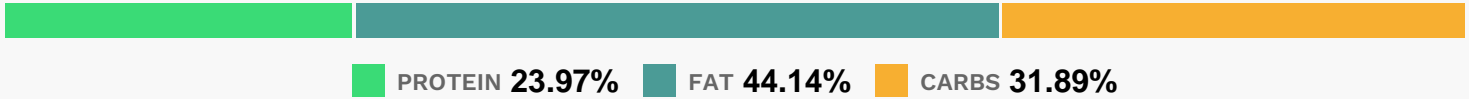
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Rinse the fish fillets in cold water.
- ☐ Cut them into approximate 1 inch by 5 inch pieces, following the lines of the fillets.
- ☐ Remove any bones that may remain in the fillets.
- ☐ Lay out 3 separate dishes for dredging, one with flour that has salt and pepper sprinkled and mixed in, one with beaten egg, and the last with sesame seeds. Dredge the fish sticks first in flour, then in beaten egg, then in sesame seeds. Reserve to a plate. 2 Put enough vegetable oil in a large skillet to generously coat the bottom of the pan (about 1/4 cup).
- ☐ Heat the skillet on medium high until the oil is shimmering. Test the oil by dropping a bit of flour into the pan, if it sizzles the pan is ready. Working in batches, add the fish sticks to the pan, leaving enough room around them so that they aren't crowded. Cook for a few minutes on each side, until they are well browned on all sides.
- ☐ Remove the fish sticks to a plate lined with a paper towel. Keep warmed in the oven at 160°F while you finish frying the other batches of fish sticks.
- ☐ Add more oil as necessary to the pan to keep the bottom of the pan coated as you fry subsequent batches.3 To make either of the dipping sauces, put the sauce ingredients into a small saucepan. Bring to a boil, reduce to a simmer, let cook for 4 minutes, uncovered.
- ☐ Remove from heat and let cool a little before serving.

# Nutrition Facts



## Properties

Glycemic Index:80.02, Glycemic Load:26.21, Inflammation Score:-8, Nutrition Score:36.335652040399%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 759.76kcal (37.99%), Fat: 37.91g (58.32%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 61.61g (20.54%), Net Carbohydrates: 56.31g (20.48%), Sugar: 32.98g (36.64%), Cholesterol: 166.89mg (55.63%), Sodium: 427.83mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.31g (92.61%), Selenium: 99.39µg (141.99%), Copper: 1.74mg (87.09%), Manganese: 1.25mg (62.35%), Phosphorus: 600.47mg (60.05%), Vitamin B3: 9.83mg (49.15%), Vitamin B12: 2.88µg (48.06%), Magnesium: 187.56mg (46.89%), Iron: 8.03mg (44.6%), Calcium: 413.65mg (41.37%), Vitamin D: 5.71µg (38.09%), Vitamin B1: 0.56mg (37.56%), Folate: 133.28µg (33.32%), Vitamin B6: 0.64mg (32.04%), Vitamin K: 28.36µg (27.01%), Zinc: 3.95mg (26.36%), Vitamin B2: 0.43mg (25.28%), Potassium: 765.68mg (21.88%), Fiber: 5.3g (21.2%), Vitamin E: 2.19mg (14.57%), Vitamin B5: 1.3mg (13.03%), Vitamin C: 2.41mg (2.92%), Vitamin A: 144.76IU (2.9%)