



Sesame Fried Fish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chile sesame oil
- ☐ 4 servings garnish: cilantro sprigs fresh
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings hot sauce
- ☐ 4 servings vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sesame seed
- ☐ 1.5 pounds snapper fillets

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wax paper

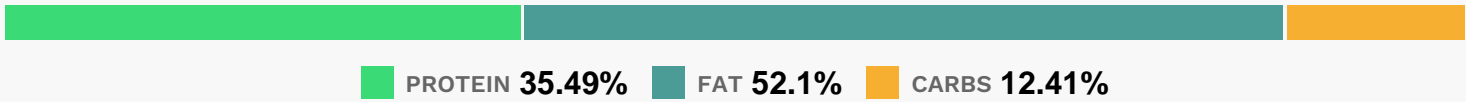
Directions

- ☐ Pat fish dry and season with salt and pepper.
- ☐ Spread flour on a piece of wax paper.
- ☐ Place each fillet or whole fish in the flour and coat both sides well. Dust off any excess.
- ☐ Add the sesame seeds to the remaining flour and mix well.
- ☐ Set out a large plate or platter.
- ☐ In a large shallow container, beat the eggs with the sesame oil. Dip each fish or fillet in the egg mixture, then in the flour-sesame mix, coating it well, and place it on the platter. When all the fish are coated, place the platter in the refrigerator for about 10 minutes.
- ☐ Preheat the oven to 20
- ☐ Place a wire rack on a baking sheet and set it in the oven.
- ☐ Place 4 ovenproof plates in the oven to warm.
- ☐ Pour the peanut oil into a large heavy skillet or saute pan to a depth of 1/2 inch.
- ☐ Heat the oil over medium-high heat until it is very hot but not smoking (375). Just as the surface begins to ripple, take the fish out of the refrigerator and place as many in the pan as will fit without crowding, flesh-side down.
- ☐ Fry the fish 3 minutes on each side or until golden.
- ☐ Transfer the cooked pieces onto the wire rack to stay warm while you finish cooking the rest. Divide the fish among the warmed plates, and splash them with hot sauce.
- ☐ Garnish with fresh cilantro sprigs, if desired.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:9.04, Inflammation Score:-6, Nutrition Score:27.326956697132%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 471.8kcal (23.59%), Fat: 26.98g (41.5%), Saturated Fat: 4.81g (30.06%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 12.87g (4.68%), Sugar: 0.17g (0.19%), Cholesterol: 155.94mg (51.98%), Sodium: 439.13mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Vitamin D: 17.85µg (119%), Selenium: 81.19µg (115.98%), Vitamin B12: 5.33µg (88.76%), Phosphorus: 462.59mg (46.26%), Vitamin B6: 0.8mg (40.24%), Vitamin E: 4.18mg (27.87%), Copper: 0.47mg (23.73%), Magnesium: 94.24mg (23.56%), Potassium: 808.45mg (23.1%), Manganese: 0.4mg (19.97%), Vitamin B1: 0.29mg (19.03%), Vitamin B5: 1.74mg (17.36%), Calcium: 163.54mg (16.35%), Iron: 2.87mg (15.92%), Folate: 58.05µg (14.51%), Vitamin B2: 0.22mg (12.96%), Zinc: 1.78mg (11.84%), Vitamin B3: 1.85mg (9.26%), Vitamin A: 324.42IU (6.49%), Fiber: 1.59g (6.38%), Vitamin C: 2.82mg (3.42%), Vitamin K: 1.59µg (1.51%)