



Simple New England Fried Fish

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 egg whites
- ☐ 24 ounce fillets flounder
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground pepper black to taste
- ☐ 1 pinch salt to taste
- ☐ 1.5 cups vegetable oil as needed
- ☐ 2 tablespoons cool water
- ☐ 0.8 cup cornmeal yellow

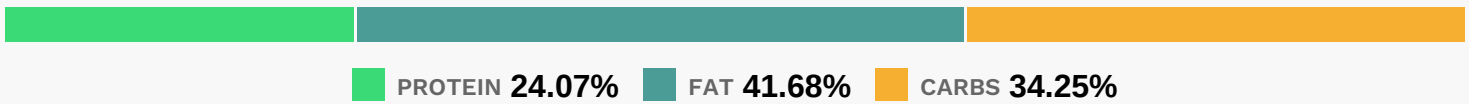
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Stir egg whites and water together with a fork in a wide, shallow bowl.
- ☐ Mix cornmeal, flour, and pepper together with a fork on a plate.
- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Dip each flounder fillet into the egg white mixture and press into the cornmeal mixture to coat completely. Gently toss between your hands so any cornmeal that hasn't stuck can fall away.
- ☐ Place fish onto a plate while preparing the rest of the fillets; do not stack.
- ☐ Carefully put fish into the hot oil and cook until golden brown, 3 to 5 minutes per side.
- ☐ Drain fillets on a plate lined with paper towel; season with salt.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:25.97, Inflammation Score:-5, Nutrition Score:19.273478181466%

Nutrients (% of daily need)

Calories: 472.45kcal (23.62%), Fat: 21.66g (33.32%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 36.49g (13.27%), Sugar: 0.64g (0.71%), Cholesterol: 76.54mg (25.51%), Sodium: 174.5mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.27%), Selenium: 58µg (82.86%), Phosphorus: 524.08mg (52.41%), Vitamin B12: 1.94µg (32.26%), Vitamin D: 4.76µg (31.75%), Vitamin K: 31.19µg (29.7%), Manganese: 0.44mg (22.01%), Vitamin B1: 0.31mg (20.8%), Vitamin B3: 3.91mg (19.55%), Vitamin B6: 0.36mg (17.76%), Magnesium: 70.25mg (17.56%), Vitamin E: 2.54mg (16.92%), Folate: 62.22µg (15.55%), Vitamin B2: 0.24mg (14.37%), Fiber: 3.56g (14.25%), Iron: 2.35mg (13.05%), Potassium: 424.33mg (12.12%), Zinc: 1.64mg (10.96%), Copper: 0.15mg (7.48%), Vitamin B5: 0.63mg (6.3%), Calcium: 44.52mg (4.45%), Vitamin A: 58.87IU (1.18%)