



Simple Pan-Fried Alaskan Cod

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 16 ounce filets cut into 4 equal servings
- ☐ 0.3 cup flour
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch salt & pepper to taste
- ☐ 1 tablespoon butter unsalted

Equipment

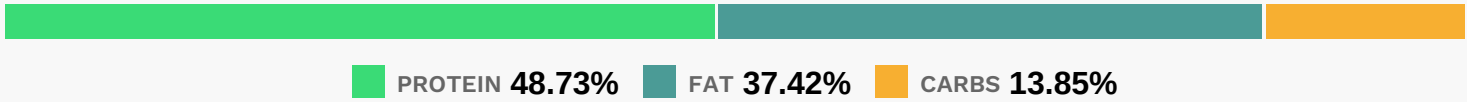
- ☐ frying pan

☐ kitchen thermometer

Directions

- ☐ Sprinkle the fish with a light dusting of Wondra on both sides. Season with salt, pepper and cayenne (if using). Melt butter in a slope- sided frying pan (to assist in turning the fish) set over medium-high heat. When the butter gets foamy but not yet brown, add the olive oil to the pan.
- ☐ Let it get quite hot and shimmery then lay the fish in the pan. Cook for 1 ½ to 2 minutes. Flip the fillets.
- ☐ Add the lemon slices and cook another 1 to 2 minutes. I like to use an insta-read thermometer to cook to an interior temperature of 118 degrees F. It's helps in cooking the fish the medium rare without overcooking. Move the fish to warm serving plates to rest and continue cooking. Turn the heat on the pan to high and continue to pan fry the lemon slices, flipping them as needed until nicely colored.That's it. You could deglaze the pan with some white wine since you probably have a glass in your hand. It would make a nice sauce.
- ☐ Serve fish warm, accompanied by pan-fried lemon slices and simply prepared vegetables or potatoes.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.32, Inflammation Score:-3, Nutrition Score:9.296956518422%

Nutrients (% of daily need)

Calories: 177.54kcal (8.88%), Fat: 7.18g (11.05%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.76g (2.09%), Sugar: 0.03g (0.03%), Cholesterol: 56.29mg (18.76%), Sodium: 71.54mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Selenium: 40.22µg (57.46%), Phosphorus: 239.55mg (23.95%), Vitamin B12: 1.04µg (17.3%), Vitamin B6: 0.28mg (14.1%), Vitamin B3: 2.8mg (14.02%), Potassium: 478.07mg (13.66%), Vitamin B1: 0.15mg (9.85%), Magnesium: 38.11mg (9.53%), Vitamin E: 1.32mg (8.82%), Vitamin D: 1.07µg (7.15%), Vitamin B2: 0.11mg (6.69%), Folate: 22.37µg (5.59%), Iron: 0.82mg (4.53%), Zinc: 0.57mg (3.79%), Manganese: 0.07mg (3.55%), Vitamin A: 143.23IU (2.86%), Vitamin K: 2.51µg (2.39%), Copper: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.12%), Calcium: 20.23mg (2.02%), Vitamin C: 1.15mg (1.4%)