



## Sole Goujons with Paprika Salt

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



1016 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup club soda fresh chilled
- ☐ 0.8 cup flour all-purpose
- ☐ 2 pounds sole fillets
- ☐ 0.5 teaspoon paprika smoked sweet hot ( or )
- ☐ 8 cups vegetable oil

### Equipment

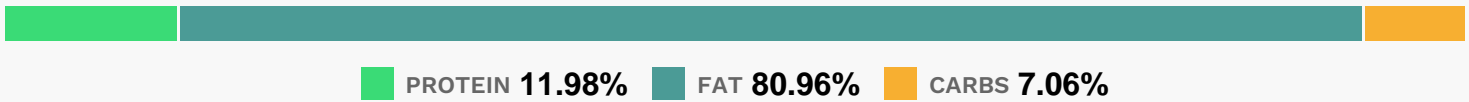
- ☐ bowl
- ☐ paper towels

- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

## Directions

- ☐ Heat oil in a 4-quart heavy pot over moderate heat until thermometer registers 375°F.
- ☐ Stir together 1 tablespoon salt and half of paprika in a small bowl.
- ☐ Pat sole dry, then cut crosswise on a diagonal into 1/2-inch-wide strips.
- ☐ Whisk together flour, remaining paprika, 3/4 teaspoon salt, and 1/4 teaspoon pepper, then whisk in seltzer. Working with 6 pieces at a time, dip fish in batter to coat, shaking off excess, and fry, turning occasionally, until golden brown and fish is just cooked through (cut a piece open to test), 3 to 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain, then sprinkle with some of paprika salt. Skim any bits of fried batter from pot and return oil to 375°F between batches.
- ☐ Serve remaining paprika salt on the side for dipping.
- ☐ \* Available at Formaggio Kitchen (888-212-3224
- ☐ and Tienda.com.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:12.95, Inflammation Score:-7, Nutrition Score:23.449999747069%

## Nutrients (% of daily need)

Calories: 1015.62kcal (50.78%), Fat: 91.84g (141.29%), Saturated Fat: 14.34g (89.63%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.3g (6.29%), Sugar: 0.09g (0.1%), Cholesterol: 102.06mg (34.02%), Sodium: 196.76mg (8.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.16%), Vitamin K: 160.86µg (153.2%), Selenium: 68.29µg (97.56%), Phosphorus: 597.62mg (59.76%), Vitamin E: 8.65mg (57.66%), Vitamin B12: 2.56µg (42.71%), Vitamin D: 6.35µg (42.34%), Vitamin B3: 3.77mg (18.84%), Vitamin B1: 0.23mg (15.65%), Folate: 54.35µg (13.59%), Vitamin B6: 0.24mg (11.9%), Magnesium: 47.02mg (11.75%), Potassium: 394.83mg (11.28%), Manganese: 0.2mg (9.81%), Vitamin B2: 0.16mg (9.66%), Iron: 1.57mg (8.73%), Zinc: 0.96mg (6.4%), Calcium:

54.67mg (5.47%), Vitamin B5: 0.53mg (5.29%), Copper: 0.08mg (4.11%), Vitamin A: 197.98IU (3.96%), Fiber: 0.72g (2.88%)