

food
network



HEALTH SCORE

73%

Toby's Fish and Chips



Very Healthy

READY IN



13 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups buttermilk



2 pounds cod cut into 2 ounce servings



1 cup flour



4 servings serving suggestions: fries french



1 teaspoon garlic powder



0.5 teaspoon lawry's seasoned salt

Equipment

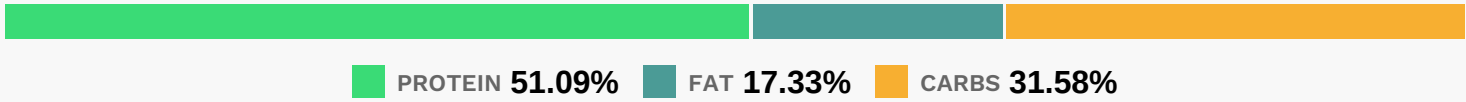


bowl

Directions

- ☐ Pour buttermilk into a bowl.
- ☐ In a separate bowl, mix flour, salt, and garlic powder. Dip each fish portion into buttermilk then roll in flour until evenly covered, set aside on plate.
- ☐ Heat deep-fat fryer to 360 degrees F and cook fish for 6-8 minutes, or until golden brown and done. To check for doneness, cut into one portion and check to see if fish is flaky and looks milky white.
- ☐ Serve with french fries, coleslaw, and garlic bread.

Nutrition Facts



Properties

Glycemic Index:56.33, Glycemic Load:19.26, Inflammation Score:-7, Nutrition Score:29.054782464452%

Nutrients (% of daily need)

Calories: 399.62kcal (19.98%), Fat: 7.45g (11.46%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 29.59g (10.76%), Sugar: 5.96g (6.62%), Cholesterol: 124.33mg (41.44%), Sodium: 576.88mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.83%), Selenium: 118.64µg (169.48%), Vitamin B3: 16.75mg (83.73%), Vitamin D: 12.22µg (81.46%), Phosphorus: 674.86mg (67.49%), Vitamin B6: 1.31mg (65.7%), Vitamin B12: 3.05µg (50.78%), Potassium: 1195.31mg (34.15%), Vitamin B1: 0.42mg (27.94%), Vitamin B2: 0.43mg (25.3%), Folate: 90.98µg (22.74%), Magnesium: 71.8mg (17.95%), Calcium: 159.43mg (15.94%), Vitamin B5: 1.38mg (13.82%), Manganese: 0.25mg (12.66%), Iron: 1.91mg (10.59%), Zinc: 1.52mg (10.12%), Vitamin E: 1.49mg (9.94%), Vitamin A: 349.95IU (7%), Copper: 0.13mg (6.59%), Fiber: 0.96g (3.83%)