



Twice Fried Fish

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon tomato sauce canned
- ☐ 0.5 cup carrots finely grated
- ☐ 0.3 cup chicken broth
- ☐ 1.5 pounds filets
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 tablespoon cooking sherry dry

- ☐ 1 eggs beaten
- ☐ 2.5 pounds fish fillets cod, halibut, pollock, etc.
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup onion finely chopped
- ☐ 5 servings paprika
- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons soya sauce dark
- ☐ 3 tablespoons vegetable oil
- ☐ 4 tablespoons water
- ☐ 1 teaspoon sugar white
- ☐ 1 tablespoon lard
- ☐ 1 tablespoon lard

Equipment

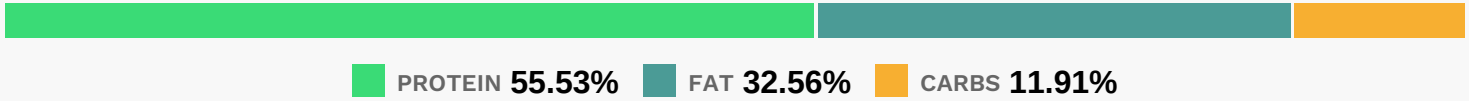
- ☐ frying pan
- ☐ paper towels
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, mix together hoisin sauce, tomato sauce, sherry, pepper, soy sauce, sugar and salt. Set aside for 20 minutes.
- ☐ Rub cod filets with 1 tablespoon of oil.
- ☐ Heat a large skillet and add the remaining 2 tablespoons of oil. Fry fish for 2 minutes on both sides, drain on paper towels, and set aside.

- ☐ Discard oil from skillet, and add 1 tablespoon of lard. Melt over medium heat and add soy sauce mixture, stirring well. Dissolve the cornstarch in the water and pour into the skillet, stirring constantly. Cook until thickened.
- ☐ Return fish to the skillet and cook again for 1 minute on each side.

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:37.003913215969%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 539.3kcal (26.97%), Fat: 19.39g (29.83%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 13.64g (4.96%), Sugar: 4.49g (4.98%), Cholesterol: 205.06mg (68.35%), Sodium: 1341.15mg (58.31%), Alcohol: 0.31g (100%), Alcohol %: 0.08% (100%), Protein: 74.4g (148.8%), Selenium: 146.62µg (209.46%), Vitamin B12: 4.95µg (82.51%), Vitamin A: 3694.89IU (73.9%), Phosphorus: 737.28mg (73.73%), Vitamin K: 72.46µg (69.01%), Vitamin B3: 13.51mg (67.56%), Vitamin D: 8.45µg (56.34%), Potassium: 1481.78mg (42.34%), Vitamin B6: 0.85mg (42.26%), Magnesium: 125.36mg (31.34%), Vitamin B2: 0.43mg (25.06%), Folate: 95.36µg (23.84%), Vitamin E: 3.48mg (23.21%), Vitamin B1: 0.35mg (23.16%), Manganese: 0.4mg (20.16%), Iron: 3.5mg (19.43%), Vitamin B5: 1.82mg (18.24%), Copper: 0.33mg (16.6%), Zinc: 1.93mg (12.86%), Vitamin C: 8.9mg (10.79%), Calcium: 94.35mg (9.44%), Fiber: 2.33g (9.31%)