

# Pan Fried Smelt

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-smelt-recipe>

## Ingredients:

- 3/4 pound smelt cleaned, about 16 smelt
- 1/2 cup all purpose flour approximately
- 3 tablespoons cornmeal
- 1 teaspoon salt plus more for sprinkling over cooked smelts if desired
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cayenne pepper
- 5 tablespoons vegetable oil or avocado oil, for frying
- lemon wedges
- chopped fresh parsley

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 120 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 1020 milligrams
9. TransFat: 0.5 grams

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