

Crispy Baked Walleye

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/dried-potato-flakes-chinese-recipe>

Ingredients:

- 2 eggs
- 1 tablespoon water
- 1/3 cup dry bread crumbs
- 1/3 cup mashed potato flakes instant
- 1/3 cup grated Parmesan cheese
- 1 teaspoon seasoned salt
- 16 ounces walleye

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 115 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 230 milligrams
9. Sugar: 1 grams

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