

Simple/Easy Fish Fry/ South Indian Style

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tasty-indian-fish-fry-recipe>

Ingredients:

- 1 1/8 pounds fish
- 3 teaspoons chilli powder
- 5 1/2 teaspoons coriander powder
- 5 1/2 teaspoons ginger garlic paste
- 1/2 teaspoon turmeric powder
- 3/4 teaspoon salt
- 2 tablespoons oil

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 75 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 520 milligrams

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