

Fried Tilapia

Yield: 4 min
Total Time: 14 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fried-tilapia-recipe>

Ingredients:

- 1 pound tilapia
- 1 cup all purpose flour
- 1/4 teaspoon Old Bay Seasoning or to taste
- 1 teaspoon granulated garlic
- 1/2 teaspoon lemon zest
- 3 eggs whisked
- salt
- pepper
- oil unchecked?, for frying

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 215 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 310 milligrams
9. Sugar: 1 grams

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