

# PAN FRIED FISH - INDIAN STYLE

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- fish any fish - 1 pound
- 1/4 teaspoon turmeric
- 1 teaspoon chilli powder
- 1/2 teaspoon ginger garlic paste
- 1 teaspoon lemon
- 1 teaspoon cumin powder
- salt as required
- 1 tablespoon oil

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 210 milligrams

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