

Fried Whitefish With Aioli

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-whitefish-recipe>

Ingredients:

- 3 1/2 tablespoons water
- 4 teaspoons Dijon mustard
- 1/4 cup lemon juice
- 1 egg yolk
- 1 whole egg
- 2 1/2 cups oil
- 2 teaspoons salt
- 10 ounces all-purpose flour
- 1 tablespoon garlic minced
- 8 ounces white fish sardines or any small baitfish will work

Nutrition:

1. Calories: 1620 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 140 milligrams
4. Fat: 147 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 13 grams
8. Sodium: 1230 milligrams
9. Sugar: 1 grams

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