

Crispy Fish Fillets

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/sole-recipe-chinese>

Ingredients:

- 1 egg
- 2 tablespoons yellow mustard prepared
- 1/2 teaspoon salt
- 1 1/2 cups mashed potato flakes instant
- 1/4 cup oil for frying
- 24 ounces sole

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 135 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 480 milligrams
9. Sugar: 1 grams

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