

How Pan Fry Cod Fish

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-fry-cod-fish-recipe-chinese>

Ingredients:

- 1 1/2 pounds cod fish cut into 4 fillets
- 1 egg
- 1 cup all purpose flour
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1/2 teaspoon paprika
- 1/2 teaspoon salt or to taste
- 1/4 teaspoon pepper or to taste
- oil for fryer, I use peanut oil

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 55 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 320 milligrams

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