

Pan Fried Haddock

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-fried-haddock-recipe>

Ingredients:

- 2 pounds haddock Fresh
- 2 tablespoons oil or clarified butter
- 1 teaspoon salt
- 1/2 pepper
- 1 cup all purpose flour
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- blackening spice Optional : seasonings such as
- 2 pounds haddock Fresh
- 2 tablespoons oil or clarified butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup all purpose flour
- 2 teaspoons onion powder
- 1 teaspoon garlic powder

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 260 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 93 grams
7. SaturatedFat: 1 grams
8. Sodium: 1490 milligrams

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