

Indian Street Food - A Low Calorie Crispy Tandoori Cod

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 7 ounces cod Thick cut
- 1 cup plain flour
- 2 tablespoons tandoori masala
- 1 tablespoon cumin
- 1 beaten egg
- 1 cup bread crumbs
- pepper
- salt
- 8 lime wedges

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 40 milligrams
4. Fat: 2.5 grams
5. Fiber: 9 grams
6. Protein: 18 grams
7. Sodium: 420 milligrams
8. Sugar: 6 grams

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