

# Polish Christmas Fish {Ryba Wigilijna}

Yield: 4 min  
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-polish-christmas-food-recipe>

## Ingredients:

- 2 pounds fish a large whole, I'm using stripped bass
- salt
- pepper
- 4 tablespoons flour
- 3 tablespoons oil
- 2 tablespoons butter

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 150 milligrams
4. Fat: 30 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 7 grams
8. Sodium: 350 milligrams

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