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Seasoned Fish Fry

Ingredients

125	ml	golden flax flour	1/2	cup
15	ml	your favorite fish seasoning	1	Tbsp
454	g	fish fillets	1	lb
15	ml	vegetable oil	1	Tbsp
15	ml	butter	1	Tbsp

1. Mix the flax flour and your favorite fish seasoning together.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish into serving size pieces. Lay the fish on the seasoned flour. Turn over to season both sides.
5. Fry the seasoned fish in the hot butter/oil for about 2 minutes on one side. Turn over and finish cooking.
6. Serve immediately.

Yield: 4 servings

Haddock was used for the nutrient facts, but this method works well for salmon and other fish as well.

In many seasonings the only significant ingredient is sodium. For nutrient facts, 5 ml (1 tsp) of salt was used. You can easily reduce the sodium by selecting low sodium seasoning or making your own blend without salt.

You can reduce the fat by baking or frying in a dry pan.

Nutrient Facts Per

Calories / Calories.	221	kcal
Fat / Lipides	12.8	g
Saturated / Saturés	2.7	g
Trans / Trans	0.2	g
Cholesterol / Cholestérol	72	mg
Sodium / Sodium	660	mg
Carbohydrate / Glucides	5.6	g
Fibre / Fibres	3.7	g
Sugar / Sucres	0	g
Protein / Protéines	24.3	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	0	%
Calcium / Calcium	7	%
Iron / Fer	15	%