

Light and Crispy Pan-Fried Fish

Here's a great way to have the light and crispy taste of fried fish without the fat. Lightly coating the fillets, rather than the skillet allows the oil to evenly cover the surface of the fish. The natural sugars found in paprika caramelize with the yellow cornmeal, producing a beautiful brown color.

- 4 6 ounce tilapia or catfish fillets
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup yellow cornmeal
- 1 tablespoon paprika
- olive oil spray

Sprinkle fish fillets with salt and pepper to taste or any spicy seasoning blend such as Creole or Caribbean Jerk. Stir together the cornmeal and paprika in a shallow dish. Dredge fillets in cornmeal mixture; coat lightly with cooking spray. Cook in a hot nonstick skillet over Medium heat 3 to 4 minutes on each side.

Servings: 4

Yield: 6 ounce fillets

Ready in: 15 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	269.58
Calories From Fat (47%)	126.26
% Daily Value	
Total Fat 13.98g	22%
Saturated Fat 3.06g	15%
Cholesterol 74.73mg	25%
Sodium 379.18mg	16%
Potassium 548.10mg	16%
Carbohydrates 8.87g	3%
Dietary Fiber 1.45g	6%
Sugar 0.24g	
Sugar Alcohols 0.00g	
Net Carbohydrates 7.42g	
Protein 25.83g	52%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
4 6 ounce tilapia or catfish fillets	4 x 1 fillet of Finfish, catfish, channel, farmed, raw
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
1/2 teaspoon pepper	0.50 x 1 teaspoon of Spices, pepper, black
1/3 cup yellow cornmeal	0.33 x 1 cup of Cornmeal, whole-grain, yellow
1 tablespoon paprika	1 x 1 tablespoon of Spices, paprika
olive oil spray	8 x 1 second spray of Cooking spray, vegetable oil

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.