



Sugarless Eats

Home- Style Oven Fried Fish (Healthy Version)

3g Carb (Sugar Free, Low Carb, Keto)

Crispy fry fish in the oven, So much better than frozen fish sticks! This Crispy Oven Fried Fish with a healthy spin will be your new favorite for the entire family.



Serving: 1serving - Carbs: 10g / Protein: 37g / Fat: 30g / Fiber: 7g

Ingredients

- 1/2 cup golden flax seed
- 1/2 cup almond flour
- 1/4 cup grated parmesan
- 1/2 tsp salt
- 1 tsp ground paprika
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp baking powder
- 2 large eggs
- 1lbs white fish fillet 10-12 pieces
- 1/4 cup butter

Links of Ingredients can be found in the description of Video

Note: The color of your almond flour and flax seed will give you a different color of coating but it will all taste the same.

Instructions:

1. Mix all dry ingredients together and in a separate bowl beat 2 eggs for the wet bath.
2. Cover baking dish with melted butter to prevent fish from sticking to the dish while cooking.
3. Pat *fish* dry with paper towels.
4. Add Half the dry ingredients to a plate, roll fish in dry ingredients then roll in dry bath and back to dry ingredients for a final roll then add to a glass dish or baking sheet.
5. Bake the fish on 430F for 10 minutes. Flip, add more butter to dish if needed. Bake for another 5-10 minutes or until crispy. Also, you can br2mins if you desire more crispy coating.
6. Remove and let sit for a few mins before serving. Enjoy!

