

Recipe Name: Baked Fish Crisps Recipe (Fish Fry In Oven)

Diet Type:

Course: Appetizer

Cuisine: Indian

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 10 Fish - pieces	4
• 1 teaspoon Sunflower Oil - optional	
• 5 teaspoon Red Chilli powder	
• 2 teaspoon Turmeric powder (Haldi)	
• Salt - to taste	
• 1 tablespoon Water	

Preparation

- Allow it to marinate for half an hour.
- Meanwhile line.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	20	15	10	2	1