



101 "Whaler" Fish Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 2 eggs
- ☐ 4 fillet sushi-grade yellowtail flounder
- ☐ 1.5 cups flour
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 4 slices mild cheddar cheese such as mild cheddar
- ☐ 2 tablespoons parsley chopped
- ☐ 2 tablespoons relish

- ☐ 4 leaves the of 1 cos lettuce
- ☐ 4 servings salt and pepper to taste
- ☐ 4 hawaiian rolls
- ☐ 1 dash all the tabasco sauce you handle
- ☐ 0.5 tomatoes sliced
- ☐ 1 cup milk whole
- ☐ 0.3 cup cornmeal yellow

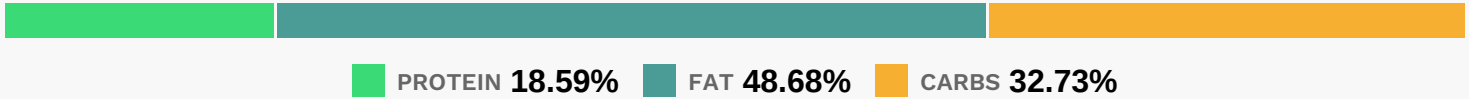
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a medium-size bowl, whisk together the milk and eggs. In another medium-size bowl, mix together the flour, cornmeal, and parsley.
- ☐ Season the fish with the salt and pepper.
- ☐ Dredge the fish through the egg mixture, then coat it thoroughly with the flour mixture.
- ☐ In a large sauté pan, immediately heat the oil over medium-high heat. When it is hot but not smoking, add the fillets to the pan. Cook on one side until the batter is light golden brown, about 4 minutes. Carefully turn the fillets and cook for 2 to 3 minutes more. Using a slotted spatula, remove them from the pan and drain on paper towels.
- ☐ Meanwhile, whisk together the tartar-sauce ingredients (if using).
- ☐ Slice the buns and spread the tartar sauce (if using) on the insides.
- ☐ Place a fillet on each bottom bun, then top with the lettuce, tomato, and cheese, if desired.
- ☐ When buying fish fillets (or fish steaks), look for moist pieces with no dried edges or brown spots. Whole fish should smell like the ocean, not fishy, and should have clear eyes, red or pink gills, and glistening scales. And all fish should be springy to the touch, not mushy.

Nutrition Facts



Properties

Glycemic Index:97.63, Glycemic Load:44.53, Inflammation Score:-10, Nutrition Score:37.308695419975%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 884.3kcal (44.21%), Fat: 47.45g (73%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 71.8g (23.93%), Net Carbohydrates: 67.86g (24.68%), Sugar: 7.49g (8.33%), Cholesterol: 194.42mg (64.81%), Sodium: 975.3mg (42.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.54%), Selenium: 86.89µg (124.13%), Vitamin K: 118.89µg (113.23%), Phosphorus: 750.28mg (75.03%), Vitamin A: 3210.83IU (64.22%), Vitamin B1: 0.75mg (50.06%), Folate: 197.64µg (49.41%), Vitamin B12: 2.75µg (45.77%), Vitamin B2: 0.69mg (40.87%), Vitamin D: 6.03µg (40.19%), Manganese: 0.72mg (36.17%), Vitamin B3: 6.91mg (34.57%), Calcium: 329.29mg (32.93%), Vitamin E: 4.54mg (30.25%), Iron: 5.26mg (29.22%), Magnesium: 84.53mg (21.13%), Vitamin B6: 0.4mg (19.96%), Potassium: 673.63mg (19.25%), Zinc: 2.82mg (18.83%), Fiber: 3.94g (15.74%), Vitamin B5: 1.33mg (13.29%), Copper: 0.23mg (11.52%), Vitamin C: 7.99mg (9.69%)