



Asian-Inspired Orange Roughy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups breadcrumbs soft
- ☐ 0.5 cup cornstarch
- ☐ 2 large eggs lightly beaten
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 4 servings garnish: green onions sliced
- ☐ 24 ounce orange roughy fillets
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sesame seed
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup teriyaki sauce
- ☐ 4 servings vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

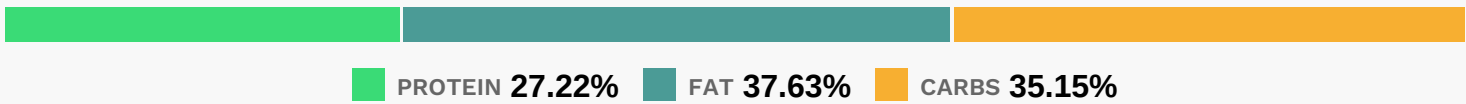
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook sesame seeds in a large heavy skillet over medium heat, stirring constantly, until golden; cool and stir in breadcrumbs.
- ☐ Bring teriyaki sauce and next 4 ingredients to a boil in a small saucepan; remove from heat, and keep warm.
- ☐ Stir together eggs and salt. Dredge fish in cornstarch; dip in egg mixture. Press breadcrumb mixture onto fish.
- ☐ Pour oil to a depth of 1/4 inch into large heavy skillet. Fry fish in hot oil 3 minutes on each side or until fish flakes easily with a fork.
- ☐ Drain on paper towels. Spoon teriyaki mixture over fish; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:24.613043614056%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 592.52kcal (29.63%), Fat: 24.43g (37.59%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 48.02g (17.46%), Sugar: 6.71g (7.45%), Cholesterol: 195.06mg (65.02%), Sodium: 1670.74mg (72.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.77g (79.55%), Selenium: 135.36µg (193.37%), Vitamin K: 42.24µg (40.23%), Phosphorus: 400.43mg (40.04%), Manganese: 0.73mg (36.27%), Vitamin B1: 0.54mg (36%), Iron: 6.12mg (34.02%), Copper: 0.68mg (33.84%), Vitamin B3: 6.1mg (30.51%), Folate: 114.49µg (28.62%), Magnesium: 100.18mg (25.05%), Vitamin E: 3.59mg (23.95%), Vitamin B2: 0.4mg (23.58%), Calcium: 206.94mg (20.69%), Vitamin B12: 1.01µg (16.84%), Potassium: 529.18mg (15.12%), Vitamin B6: 0.29mg (14.42%), Zinc: 2.1mg (14.01%), Fiber: 3.35g (13.4%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 351.79IU (7.04%), Vitamin D: 0.5µg (3.33%), Vitamin C: 1.3mg (1.57%)