



Baked Fish and Chips

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups oatmeal cornflakes crushed (from 3 cups cornflakes)
- ☐ 2 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings salt
- ☐ 1.5 pounds tilapia frozen firm thawed (if)
- ☐ 1.5 pounds yukon gold potatoes cut into 4 wedges cut in half lengthwise, then each half (4)

Equipment

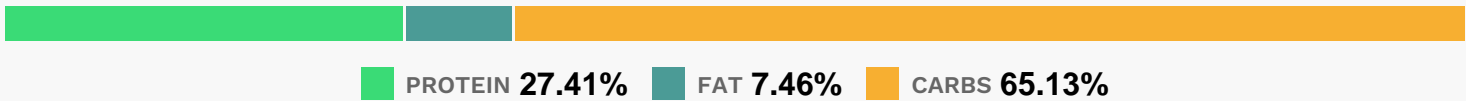
- ☐ baking sheet

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Arrange two racks in top and bottom thirds of oven and preheat to 450F. Line two rimmed baking sheets with heavy-duty foil. Mist one sheet with cooking spray. Top second sheet with a wire rack and mist rack with cooking spray.
- ☐ Arrange potatoes on first baking sheet, coat with a layer of cooking spray and sprinkle with salt.
- ☐ Bake in bottom third of oven until undersides are golden, 15 to 20 minutes.
- ☐ While potatoes are baking, sprinkle both sides of fish with salt, dredge in flour and dip into eggs, letting excess drip off. Coat fish with crushed cornflakes.
- ☐ Place on wire rack on second baking sheet. Mist fish with cooking spray.
- ☐ Turn potatoes and return to bottom third of oven.
- ☐ Place fish in top third of oven.
- ☐ Bake until potatoes are golden on both sides and fish is cooked through, about 15 minutes longer.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:30.38, Inflammation Score:-10, Nutrition Score:53.145217356475%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 703.63kcal (35.18%), Fat: 5.93g (9.12%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 116.43g (38.81%), Net Carbohydrates: 109.34g (39.76%), Sugar: 9.89g (10.99%), Cholesterol: 178.05mg (59.35%), Sodium: 975.03mg

(42.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.01g (98.02%), Iron: 29.08mg (161.58%), Selenium: 91.95µg (131.35%), Vitamin B3: 25.25mg (126.27%), Vitamin B12: 7.35µg (122.43%), Vitamin B6: 2.41mg (120.74%), Folate: 425.11µg (106.28%), Vitamin B1: 1.53mg (101.82%), Vitamin B2: 1.7mg (100.09%), Vitamin C: 52.14mg (63.2%), Vitamin D: 8.97µg (59.78%), Phosphorus: 542.99mg (54.3%), Potassium: 1430.11mg (40.86%), Vitamin A: 1722.95IU (34.46%), Magnesium: 126.09mg (31.52%), Manganese: 0.59mg (29.31%), Fiber: 7.09g (28.37%), Copper: 0.53mg (26.38%), Vitamin B5: 1.99mg (19.87%), Zinc: 2.37mg (15.83%), Vitamin E: 1.08mg (7.17%), Calcium: 58.32mg (5.83%), Vitamin K: 5.74µg (5.46%)