



Baked Fish and Chips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound baking potatoes very thinly sliced
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 pound sushi-grade yellowtail flounder
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.1 teaspoon coarsely ground pepper
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.8 teaspoon lemon rind grated
- ☐ 3 tablespoons mayonnaise reduced-calorie
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound sweet potatoes very thinly sliced
- ☐ 4 servings radish tartar sauce
- ☐ 1 tablespoon water
- ☐ 1 cup breadcrumbs whole wheat soft toasted

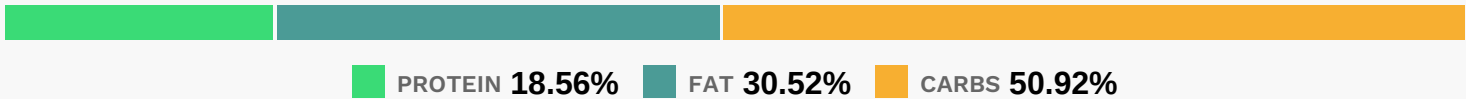
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place potatoes in a single layer on a large baking sheet coated with cooking spray.
- ☐ Brush evenly with oil.
- ☐ Sprinkle rosemary and next 3 ingredients over potatoes.
- ☐ Bake at 425 for 30 to 35 minutes or until potatoes are lightly browned, turning once.
- ☐ Combine mayonnaise and next 3 ingredients.
- ☐ Brush both sides of fish fillets with mixture.
- ☐ Combine breadcrumbs, 1 teaspoon pepper, and garlic powder; dredge fish in breadcrumb mixture.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 25 minutes.
- ☐ Serve fish and potato with Radish Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:82.94, Glycemic Load:20.65, Inflammation Score:-10, Nutrition Score:21.413478125697%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 411.04kcal (20.55%), Fat: 14.76g (22.71%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 55.41g (18.47%), Net Carbohydrates: 48.78g (17.74%), Sugar: 5.21g (5.79%), Cholesterol: 55.51mg (18.5%), Sodium: 506.38mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.4%), Vitamin A: 12119.23IU (242.38%), Selenium: 31.44µg (44.91%), Phosphorus: 378.59mg (37.86%), Vitamin B6: 0.6mg (29.88%), Fiber: 6.64g (26.55%), Potassium: 844.94mg (24.14%), Vitamin K: 24.9µg (23.71%), Manganese: 0.45mg (22.7%), Vitamin B12: 1.29µg (21.57%), Vitamin D: 3.2µg (21.31%), Iron: 3.57mg (19.81%), Vitamin C: 14.3mg (17.33%), Magnesium: 63.31mg (15.83%), Vitamin B3: 2.55mg (12.77%), Copper: 0.25mg (12.63%), Vitamin E: 1.83mg (12.2%), Vitamin B5: 1.18mg (11.83%), Vitamin B1: 0.17mg (11.12%), Folate: 28.91µg (7.23%), Calcium: 66.89mg (6.69%), Vitamin B2: 0.11mg (6.35%), Zinc: 0.91mg (6.09%)