



## Baked Fish Fingers

 Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pound filets frozen dry thawed cut into 1-inch-by-4-inch pieces, patted ( if )
- 2 large eggs
- 0.3 cup flour all-purpose
- 0.3 cup mayonnaise light
- 1.8 cups panko bread crumbs
- 1 teaspoon salt

### Equipment

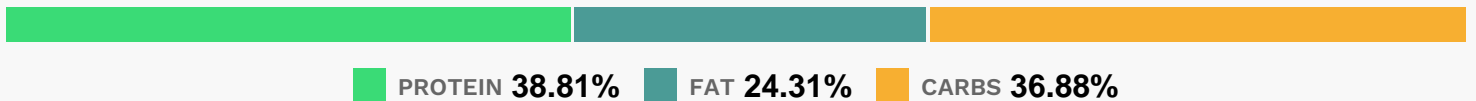
- bowl

- baking sheet
- oven
- whisk
- aluminum foil

## Directions

- Place racks in top and middle of oven; preheat to 350F.
- Spread panko on a rimmed baking sheet and bake until golden, stirring once, about 15 minutes.
- Transfer to a bowl. Raise oven temperature to 450F. Line a baking sheet with foil, then mist with cooking spray.
- In a bowl, whisk together mayonnaise, eggs and salt until smooth.
- Place flour and bread crumbs in separate bowls. Coat fish fingers in flour, dip in egg mixture and coat with panko, shaking off excess at each step.
- Place fish pieces in a single layer on lined baking sheet as finished. Mist with cooking spray.
- Bake on top rack until fish is just cooked through, 6 to 10 minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:4.2465217268985%

## Nutrients (% of daily need)

Calories: 78.45kcal (3.92%), Fat: 2.06g (3.16%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.65g (2.42%), Sugar: 0.6g (0.66%), Cholesterol: 38.4mg (12.8%), Sodium: 262.98mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Selenium: 14.62µg (20.89%), Phosphorus: 88.95mg (8.89%), Vitamin B1: 0.11mg (7.33%), Vitamin B3: 1.22mg (6.08%), Vitamin B12: 0.36µg (5.98%), Vitamin B2: 0.09mg (5.21%), Vitamin B6: 0.09mg (4.74%), Potassium: 151.23mg (4.32%), Manganese: 0.09mg (4.28%), Folate: 16.7µg (4.18%), Iron: 0.67mg (3.74%), Magnesium: 14.02mg (3.51%), Vitamin D: 0.41µg (2.7%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.35mg (2.35%), Zinc: 0.34mg (2.27%), Calcium: 22.01mg (2.2%), Vitamin B5: 0.2mg (1.98%), Copper: 0.03mg (1.75%), Fiber: 0.37g (1.49%), Vitamin A: 50.71IU (1.01%)