



Baked Fish Sticks

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs
- 1 pound firm-flesh fish white such as cod, sliced into sticks 1 inch by 3 inches
- 1 teaspoon sea salt
- 1 teaspoon herbs dried italian (optional; if kids don't freak out)
- 4 servings kosher salt and ground pepper black
- 2 slices grain bread whole (or sub 1 cup grain breadcrumbs)
- 0.5 cup grain pastry flour whole wheat whole white (or flour)

Equipment

- food processor
- bowl
- baking sheet
- oven
- whisk
- wire rack
- baking pan

Directions

- Preheat the oven to 400 degrees F. Salt and pepper the fish sticks.
- Place the flour on a rimmed plate and season with the garlic, mixing with a fork, and set aside.
- Place the bread and herbs (if using) in a food processor and pulse until uniform, but not too small. Season with salt and pepper.
- Transfer the breadcrumbs to a shallow baking dish or rimmed plate and set aside.
- Whisk the egg and 1 tablespoon water in a medium bowl. Dredge a piece of fish in the flour, gently shake off excess, and then dip the fish in the egg mixture, then the breadcrumbs, gently pressing into the crumbs. Repeat with the remaining pieces of fish.
- Place a metal cooling rack on top of a baking sheet, and mist with olive oil.
- Place the fish sticks on the rack and bake until the fish is cooked through, about 12 minutes. (For even browning, you can turn the fish over halfway through cooking time and spray the second side with olive oil.)

Nutrition Facts

 **PROTEIN 56.8%**  **FAT 17.03%**  **CARBS 26.17%**

Properties

Glycemic Index:10.5, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:15.477391135433%

Nutrients (% of daily need)

Calories: 183.32kcal (9.17%), Fat: 3.54g (5.44%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 12.24g (4.08%), Net Carbohydrates: 10.28g (3.74%), Sugar: 0.16g (0.18%), Cholesterol: 103.2mg (34.4%), Sodium: 80.28mg (3.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.11%), Selenium: 60.71µg (86.74%), Manganese: 0.7mg (35.03%), Vitamin B12: 1.9µg (31.72%), Phosphorus: 275.08mg (27.51%), Vitamin B3: 5.21mg (26.05%), Vitamin D: 3.77µg (25.1%), Vitamin B6: 0.28mg (14.2%), Magnesium: 54.77mg (13.69%), Potassium: 430.74mg (12.31%), Folate: 41.24µg (10.31%), Vitamin B2: 0.16mg (9.25%), Iron: 1.66mg (9.25%), Vitamin B1: 0.13mg (8.74%), Vitamin B5: 0.85mg (8.46%), Copper: 0.16mg (8.2%), Fiber: 1.96g (7.84%), Zinc: 0.96mg (6.42%), Vitamin E: 0.79mg (5.26%), Vitamin K: 5.19µg (4.94%), Calcium: 32.46mg (3.25%), Vitamin A: 77.9IU (1.56%)