



WHATSheATE

Big Daddy's Fish Sticks with Funked Out Ketchup

 Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup mild barbecue sauce
- ☐ 1 pound center-cut fish fillet such as cod or haddock, cut into 16 (1-ounce) pieces
- ☐ 3 egg whites lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons garlic powder
- ☐ 1 cup catsup
- ☐ 2 cups panko breadcrumbs

- ☐ 1 tablespoon paprika
- ☐ 2 tablespoons relish sweet
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings seafood seasoning as needed (recommended: Old Bay)
- ☐ 1 tablespoon mustard yellow

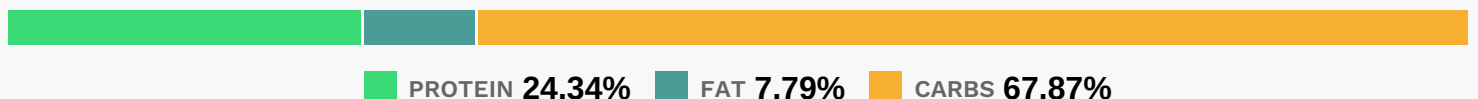
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Prepare a baking sheet with foil and spray with canola oil.
- ☐ In a shallow pie plate or dish, mix the flour, garlic powder, paprika and 1 teaspoon seafood seasoning, stirring well to combine.
- ☐ Add the beaten egg whites to another pie plate or dish and then add the panko to another pie plate or dish.
- ☐ Sprinkle the fish, flour, egg whites and panko lightly with salt and pepper and seafood seasoning. Begin by taking 1 piece of fish at a time and dredging first in the flour, then into the egg whites, then the panko and then place it on the prepared baking sheet. Repeat with the remaining pieces of fish. Spray the tops of the fish sticks with canola oil.
- ☐ Place the baking sheet into the oven and cook the fish for 8 minutes, turning once, and continue to cook another 8 minutes.
- ☐ Remove the fish sticks and let cool for 5 minutes.
- ☐ Serve the fish sticks with the Funked Up Ketchup.
- ☐ Combine all the ingredients in a small bowl and mix well.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:17.37, Inflammation Score:-8, Nutrition Score:27.626956504324%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 561.8kcal (28.09%), Fat: 4.92g (7.58%), Saturated Fat: 1.23g (7.72%), Carbohydrates: 96.58g (32.19%), Net Carbohydrates: 92.29g (33.56%), Sugar: 38.96g (43.28%), Cholesterol: 56.7mg (18.9%), Sodium: 1722.92mg (74.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.27%), Selenium: 73.3µg (104.71%), Vitamin B3: 9.88mg (49.38%), Manganese: 0.89mg (44.6%), Vitamin B1: 0.63mg (42.24%), Vitamin B2: 0.62mg (36.37%), Phosphorus: 331.63mg (33.16%), Folate: 128.91µg (32.23%), Vitamin B12: 1.92µg (31.95%), Iron: 5.54mg (30.8%), Vitamin A: 1398.28IU (27.97%), Potassium: 890.13mg (25.43%), Vitamin B6: 0.48mg (23.8%), Vitamin D: 3.52µg (23.44%), Vitamin K: 24.49µg (23.32%), Magnesium: 82.11mg (20.53%), Copper: 0.36mg (18.09%), Fiber: 4.29g (17.15%), Vitamin E: 2.5mg (16.69%), Calcium: 133.39mg (13.34%), Vitamin B5: 1.11mg (11.11%), Zinc: 1.48mg (9.88%), Vitamin C: 3.25mg (3.94%)