



## Big Game Week: Grilled Cod Sliders on Parker House Rolls

 Dairy Free

READY IN



24 min.

SERVINGS



8

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 8 servings coarse salt and pepper black
- ☐ 1 pound filets fresh
- ☐ 4 strips bacon cooked
- ☐ 2 tablespoons dill gherkins plus 1 tablespoon pickle juice minced
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 4 lettuce leaves green

- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 1 tablespoon onion finely minced
- ☐ 1 Dash pepper black
- ☐ 8 parker house rolls
- ☐ 2 medium tomatoes sliced

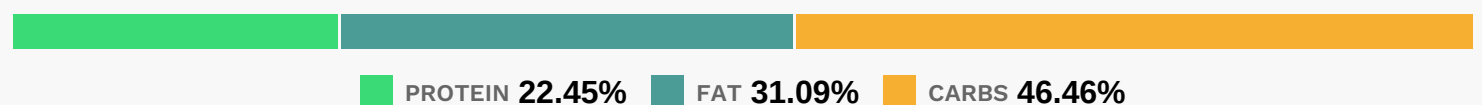
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ toothpicks
- ☐ grill
- ☐ panini press

## Directions

- ☐ Whisk together all of the tartar sauce ingredients in a small bowl. Refrigerate the sauce until you're ready to use it.
- ☐ Heat the panini maker according to the manufacturer's directions. Rub olive oil all over the fish and season it with salt and pepper.
- ☐ Place the fish on the panini maker and close the lid so that the upper grate is resting on it without pressing it. Grill the fish until it's cooked through and flaky, 3 to 4 minutes. For each slider: Split a roll in half lengthwise to create top and bottom halves. Spoon on a bit of tartar sauce inside each half of the roll. On the bottom half, layer on a lettuce leaf, a small piece of the fish sized to fit on the roll, two half-strips of bacon and a slice of tomato. Close the slider with the top half of the roll. If you want to be a little festive you can stick a party toothpick through the top of the slider, which will also help to hold it all together.
- ☐ Serve the sliders immediately, with a bowl of New England clam chowder if you'd like.

## Nutrition Facts



## Properties

Glycemic Index:23.13, Glycemic Load:23.3, Inflammation Score:-7, Nutrition Score:10.491739127947%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 311.65kcal (15.58%), Fat: 10.66g (16.39%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.25g (12.45%), Sugar: 5.81g (6.46%), Cholesterol: 30.58mg (10.19%), Sodium: 760.41mg (33.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Iron: 11.14mg (61.9%), Selenium: 21.24µg (30.34%), Vitamin A: 1182.54IU (23.65%), Phosphorus: 143.99mg (14.4%), Vitamin K: 12.14µg (11.56%), Potassium: 357.06mg (10.2%), Vitamin B6: 0.2mg (9.94%), Vitamin B12: 0.56µg (9.33%), Vitamin E: 1.39mg (9.28%), Vitamin B3: 1.82mg (9.12%), Vitamin C: 7.07mg (8.58%), Fiber: 1.58g (6.32%), Magnesium: 24.79mg (6.2%), Vitamin B1: 0.09mg (6.04%), Manganese: 0.09mg (4.29%), Vitamin B2: 0.06mg (3.79%), Vitamin D: 0.53µg (3.51%), Folate: 14.02µg (3.5%), Zinc: 0.47mg (3.11%), Calcium: 24.74mg (2.47%), Copper: 0.04mg (2.09%), Vitamin B5: 0.17mg (1.69%)