



Breaded Fish Italian Style

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 24 ounce perch fillets ()
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 4 servings tomato-basil relish
- ☐ 2 ounce bread white toasted

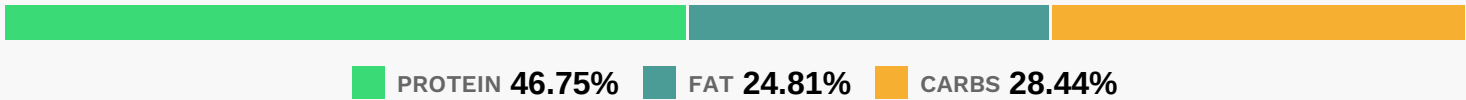
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Prepare Tomato-Basil Relish; set aside.
- ☐ Preheat oven to 42
- ☐ Sprinkle fish with 1/8 teaspoon salt; place on a baking sheet coated with cooking spray.
- ☐ Place bread in food processor; process until coarsely ground.
- ☐ Combine breadcrumbs, basil, and next 5 ingredients in a small bowl. Spoon breadcrumb mixture over fish, pressing lightly to coat.
- ☐ Bake at 425 for 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with Tomato-Basil Relish and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:66.07, Glycemic Load:5.44, Inflammation Score:-7, Nutrition Score:21.814348034237%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg
Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 322.36kcal (16.12%), Fat: 8.65g (13.31%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 17.38g (6.32%), Sugar: 10.23g (11.37%), Cholesterol: 153.09mg (51.03%), Sodium: 862.4mg (37.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.37%), Manganese: 1.33mg (66.73%), Vitamin B12: 3.23µg (53.86%), Phosphorus: 362.72mg (36.27%), Selenium: 25.02µg (35.74%), Vitamin D: 5.1µg (34.02%), Potassium: 915.23mg (26.15%), Vitamin C: 20.41mg (24.74%), Vitamin K: 23.09µg (21.99%), Calcium: 217.26mg (21.73%), Fiber: 4.94g (19.77%), Vitamin A: 942.94IU (18.86%), Iron: 2.99mg (16.63%), Vitamin B3: 3.31mg (16.56%), Copper: 0.29mg (14.55%), Magnesium: 58.03mg (14.51%), Vitamin B5: 1.4mg (14.03%), Zinc: 2.06mg (13.75%), Vitamin B1: 0.2mg (13.5%), Vitamin B6: 0.25mg (12.65%), Vitamin B2: 0.21mg (12.43%), Folate: 28.49µg (7.12%), Vitamin E: 0.92mg (6.14%)