



Breaded Fish Sandwiches with Mint-Caper Tartar Sauce

READY IN



28 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 teaspoon pepper black divided freshly ground
- 1 tablespoon capers chopped
- 2 large egg whites lightly beaten
- 0.3 cup flour all-purpose
- 2 teaspoons flat-leaf parsley fresh finely chopped
- 1 tablespoon mint leaves fresh finely chopped
- 3 cups ice water
- 2 tablespoons cup heavy whipping cream sour low-fat

- 24 ounce square-cut mahimahi fillets
- 2 tablespoons canola mayonnaise
- 1.5 tablespoons olive oil
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 teaspoon red wine vinegar
- 0.3 teaspoon salt
- 6 ounce kaiser rolls toasted halved
- 8 slices tomatoes thin
- 1 medium vidalia onion thinly sliced

Equipment

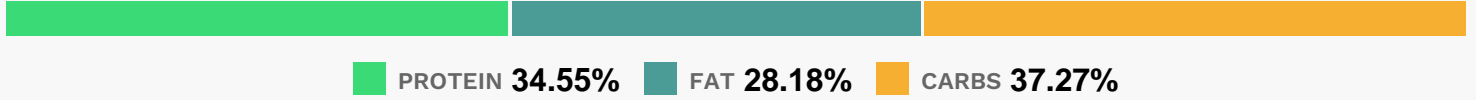
- bowl
- frying pan
- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 35
- Combine first 6 ingredients in a small bowl; stir in 1/8 teaspoon pepper. Set tartar sauce aside.
- Combine onion and ice water; soak 20 minutes.
- Drain on paper towels.
- Sprinkle remaining 1/4 teaspoon pepper and 1/4 teaspoon salt evenly over fish.
- Place flour in a shallow dish; place egg whites in another dish.
- Place panko in another. Dredge both sides of fish in flour; dip in egg white, and dredge in panko.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add fish to pan; cook 2 minutes on each side or until browned.

- Place fish on a baking sheet.
- Bake at 350 for 6 minutes or until fish flakes easily when tested with a fork.
- Spread about 4 teaspoons mint mixture on bottom half of each bun. Top each with 1 fish fillet. Arrange onion evenly over fish; top with 2 tomato slices and top half of bun.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:18.13, Inflammation Score:-7, Nutrition Score:22.188695821425%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg, Quercetin: 15.48mg

Nutrients (% of daily need)

Calories: 475.56kcal (23.78%), Fat: 14.64g (22.52%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 41.05g (14.93%), Sugar: 7.93g (8.81%), Cholesterol: 129.21mg (43.07%), Sodium: 728.58mg (31.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.76%), Selenium: 72.61µg (103.73%), Vitamin B3: 12.01mg (60.06%), Iron: 9.79mg (54.4%), Vitamin B6: 0.82mg (40.82%), Phosphorus: 308.94mg (30.89%), Potassium: 900.6mg (25.73%), Vitamin B2: 0.32mg (18.97%), Vitamin B1: 0.28mg (18.7%), Vitamin B12: 1.12µg (18.69%), Magnesium: 73.16mg (18.29%), Vitamin K: 17.64µg (16.8%), Manganese: 0.32mg (16.25%), Folate: 61.85µg (15.46%), Vitamin B5: 1.53mg (15.27%), Copper: 0.22mg (10.78%), Fiber: 2.51g (10.02%), Calcium: 95.13mg (9.51%), Zinc: 1.25mg (8.35%), Vitamin A: 408.99IU (8.18%), Vitamin E: 1.07mg (7.12%), Vitamin C: 4.85mg (5.88%)