



Chip-Crusted Fish Fillets



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce filets white firm (or other fish)
- ☐ 2 teaspoons mayonnaise
- ☐ 2 ounce potato chips kettle-style crushed
- ☐ 0.5 cup ranch dressing light
- ☐ 0.1 teaspoon salt

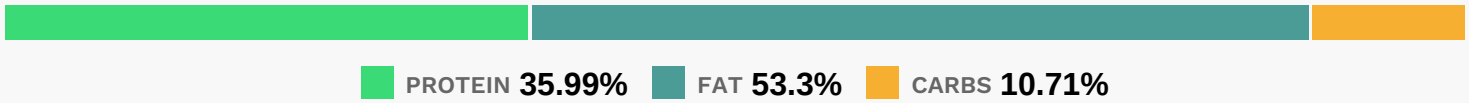
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange fillets on a parchment-lined baking sheet.
- ☐ Brush 1/2 teaspoon mayonnaise over top of each fillet; sprinkle evenly with salt. Gently press about 2 tablespoons crushed chips evenly on top of each fillet. Cook fish at 400 for 10 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with ranch dressing.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:16.829999928889%

Nutrients (% of daily need)

Calories: 357.49kcal (17.87%), Fat: 20.81g (32.01%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.97g (3.26%), Sugar: 1.47g (1.63%), Cholesterol: 81.78mg (27.26%), Sodium: 522.22mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.23%), Selenium: 57.75µg (82.5%), Vitamin K: 46.76µg (44.54%), Phosphorus: 423.2mg (42.32%), Vitamin B12: 1.6µg (26.69%), Potassium: 892.21mg (25.49%), Vitamin B6: 0.5mg (25.06%), Vitamin E: 3.29mg (21.96%), Vitamin B3: 4.2mg (21%), Magnesium: 64.88mg (16.22%), Vitamin B5: 1.12mg (11.19%), Vitamin B1: 0.16mg (10.94%), Vitamin D: 1.56µg (10.43%), Vitamin B2: 0.15mg (8.8%), Manganese: 0.13mg (6.63%), Zinc: 0.97mg (6.49%), Vitamin C: 4.76mg (5.77%), Iron: 0.92mg (5.13%), Copper: 0.09mg (4.35%), Folate: 17.32µg (4.33%), Calcium: 38.8mg (3.88%), Fiber: 0.44g (1.76%), Vitamin A: 80.74IU (1.61%)