



Chunky Fish Fingers with Pea and Mint Puree

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 pound cod skinless white
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup lower sodium beef broth fat-free
- ☐ 8 mint leaves
- ☐ 2 cups peas green frozen
- ☐ 0.5 teaspoon salt divided

- ☐ 2 ounce sandwich bread white

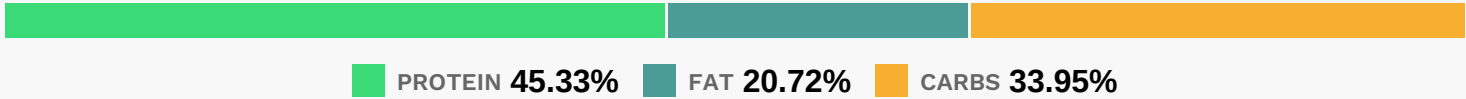
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat the oven to 425
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups. Arrange breadcrumbs on a baking sheet.
- ☐ Bake at 425 for 5 minutes or until light golden. Cool; place in a shallow dish.
- ☐ Cut fish into 16 (3 x 1-inch) pieces; pat dry with paper towels.
- ☐ Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place flour and egg in separate shallow dishes. Dredge 1 fish finger in flour, shaking off any excess. Dip fish in egg; dredge in breadcrumbs. Repeat procedure with remaining fish, flour, egg, and breadcrumbs. Arrange coated fish on a wire rack on a baking sheet; lightly coat fish with cooking spray.
- ☐ Bake at 425 for 8 minutes or until desired degree of doneness.
- ☐ Bring chicken broth to a simmer in a saucepan over medium heat. Stir in peas; cover and cook 2 minutes.
- ☐ Remove from heat; stir in butter, mint, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- ☐ Place pea mixture in a food processor; process until smooth.
- ☐ Place about 1/3 cup pea puree in the middle of each of 4 plates. Stack 4 fish fingers on the puree.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:69.03, Glycemic Load:9.87, Inflammation Score:0, Nutrition Score:19.585217330767%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 249.57kcal (12.48%), Fat: 5.65g (8.69%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 16.04g (5.83%), Sugar: 4.93g (5.48%), Cholesterol: 102.79mg (34.26%), Sodium: 491.66mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.61%), Selenium: 47.29µg (67.55%), Vitamin C: 30.77mg (37.3%), Phosphorus: 356.01mg (35.6%), Vitamin B1: 0.39mg (25.83%), Manganese: 0.48mg (24.17%), Vitamin B3: 4.8mg (23.99%), Vitamin B6: 0.44mg (21.99%), Folate: 85.96µg (21.49%), Potassium: 728.68mg (20.82%), Vitamin B12: 1.15µg (19.15%), Fiber: 4.78g (19.13%), Vitamin K: 18.82µg (17.93%), Magnesium: 68.47mg (17.12%), Vitamin B2: 0.29mg (16.83%), Vitamin A: 841.42IU (16.83%), Iron: 2.49mg (13.86%), Zinc: 1.75mg (11.67%), Copper: 0.2mg (10.07%), Vitamin D: 1.27µg (8.47%), Calcium: 80.73mg (8.07%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.55mg (5.47%)