



Coconut Fish Sticks

READY IN



35 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs preferably panko
- ☐ 1 head broccoli cut into florets
- ☐ 1.3 pounds filets 1-inch-thick cut into strips
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 jalapeno diced seeded
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 lemons juiced cut into wedges
- ☐ 0.3 cup mango chutney jarred

- ☐ 0.3 cup milk
- ☐ 2 scallions thinly sliced
- ☐ 1 cup coconut or shredded unsweetened toasted
- ☐ 4 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine the fish and milk in a large bowl; let soak.
- ☐ Mix the chutney, jalapeno, scallions, lemon juice and 2 tablespoons water in a small bowl.
- ☐ Combine the flour, 1/2 teaspoon salt, and pepper to taste in a shallow bowl. Beat the eggs with 1/4 cup water in another shallow bowl.
- ☐ Mix the breadcrumbs, coconut, 1/2 teaspoon salt and 1/4 teaspoon pepper in a third shallow bowl.
- ☐ Drain the fish, then coat each piece in the seasoned flour, dip in the egg mixture and roll in the breadcrumb mixture. Set on a rack until ready to cook.
- ☐ Put the broccoli in a microwave-safe bowl with 3 tablespoons water, cover with plastic wrap and microwave until tender, 5 minutes. Meanwhile, heat 1/2 inch vegetable oil in a large skillet over medium-high heat. Working in batches, fry the fish sticks until golden brown, about 2 minutes per side.
- ☐ Drain on a paper towel-lined plate.
- ☐ Serve with the broccoli, lemon wedges and chutney sauce.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:72.38, Glycemic Load:22.53, Inflammation Score:-9, Nutrition Score:45.327391582987%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg Kaempferol: 12.01mg, Kaempferol: 12.01mg, Kaempferol: 12.01mg, Kaempferol: 12.01mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 761.09kcal (38.05%), Fat: 25.56g (39.32%), Saturated Fat: 15.95g (99.69%), Carbohydrates: 92.62g (30.87%), Net Carbohydrates: 80g (29.09%), Sugar: 24.06g (26.73%), Cholesterol: 156.39mg (52.13%), Sodium: 779.07mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.6g (89.19%), Vitamin C: 171.67mg (208.08%), Vitamin K: 176.89µg (168.47%), Selenium: 82.81µg (118.3%), Manganese: 1.63mg (81.43%), Phosphorus: 628.67mg (62.87%), Vitamin B1: 0.93mg (61.73%), Folate: 219.27µg (54.82%), Fiber: 12.62g (50.49%), Vitamin B2: 0.77mg (45.22%), Vitamin B6: 0.87mg (43.5%), Vitamin B3: 8.7mg (43.49%), Potassium: 1496.82mg (42.77%), Iron: 6.75mg (37.49%), Magnesium: 137.22mg (34.31%), Vitamin B12: 1.81µg (30.19%), Copper: 0.53mg (26.59%), Calcium: 264.7mg (26.47%), Vitamin A: 1262.16IU (25.24%), Vitamin B5: 2.22mg (22.18%), Zinc: 3.1mg (20.68%), Vitamin E: 2.96mg (19.73%), Vitamin D: 2µg (13.33%)