



Cod Sandwich

READY IN



35 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bibb lettuce shredded
- ☐ 2 cups japanese breadcrumbs (panko)
- ☐ 16 ounce cod medallions
- ☐ 2 cups egg wash (equal parts milk and whipped eggs)
- ☐ 1 cup flour all-purpose
- ☐ 8 toppings: such as pickles sliced lengthwise
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon seafood seasoning
- ☐ 4 kaiser rolls soft

- ☐ 0.3 cup tartar sauce
- ☐ 4 tablespoons butter unsalted softened
- ☐ 4 servings vegetable oil for frying

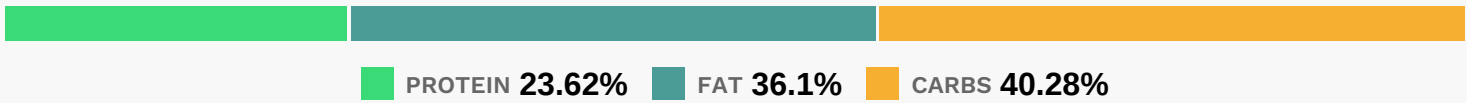
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ For the cod: Preheat vegetable oil in a deep-fryer to 375 degrees F. Then bread each medallion of fish with flour mixed with seafood seasoning. Tap off excess, and then dip in egg wash and finish in breadcrumbs, ensuring to coat evenly. After breading the fish, drop in the preheated oil and cook in batches until golden brown, flipping during the process. This should take 2 to 3 minutes. After frying, remove the fish from the oil, sprinkle with salt and pepper and place on paper towels. Allow the fish to drain excess oil.
- ☐ Heat a nonstick pan over medium-high heat until warmed. During heating, with the softened butter, spread 1 tablespoon evenly on the top and bottom of 1 bun, and then toast in the pan until browned, about 2 minutes. After the first bun, reduce the heat to medium and repeat the process with the remaining buns.
- ☐ To build the sandwiches, stack the bottom bun, spread tarter on the bottom bun, then add some lettuce, fish, pickles and finish with the top bun. Repeat with the remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:40.23, Inflammation Score:-9, Nutrition Score:37.146956630375%

Flavonoids

Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 847.53kcal (42.38%), Fat: 33.56g (51.63%), Saturated Fat: 12.57g (78.58%), Carbohydrates: 84.24g (28.08%), Net Carbohydrates: 79.25g (28.82%), Sugar: 9.24g (10.27%), Cholesterol: 531.82mg (177.27%), Sodium:

1893.24mg (82.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.41g (98.83%), Selenium: 93.45µg (133.49%), Iron: 16.94mg (94.11%), Vitamin K: 67.34µg (64.14%), Vitamin B2: 1mg (59.05%), Phosphorus: 589.82mg (58.98%), Vitamin B1: 0.75mg (49.99%), Folate: 184.81µg (46.2%), Vitamin A: 2154.03IU (43.08%), Vitamin B12: 2.24µg (37.41%), Manganese: 0.71mg (35.41%), Vitamin B3: 6.53mg (32.66%), Vitamin B6: 0.61mg (30.63%), Potassium: 950.97mg (27.17%), Vitamin B5: 2.47mg (24.68%), Vitamin D: 3.66µg (24.4%), Calcium: 243.53mg (24.35%), Magnesium: 85.4mg (21.35%), Vitamin E: 3.04mg (20.28%), Fiber: 4.99g (19.94%), Zinc: 2.97mg (19.8%), Copper: 0.29mg (14.48%), Vitamin C: 5.17mg (6.27%)