



Corn Flake-Crusted Fish Fillets with Dilled Tartar Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup salad dressing (do not use salad dressing)
- ☐ 1 tablespoon onion finely chopped
- ☐ 2 tablespoons relish
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 eggs
- ☐ 3 tablespoons water

- ☐ 1.7 cups cornflakes crushed
- ☐ 16 oz filets
- ☐ 0.3 cup vegetable oil

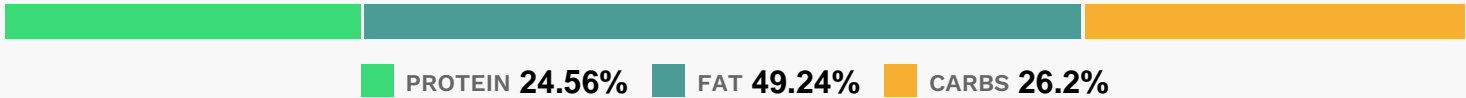
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ In small bowl, mix mayonnaise, onion and pickle relish. Cover; refrigerate.
- ☐ Meanwhile, in shallow dish, mix flour and salt. In another shallow dish, beat eggs and water with fork.
- ☐ Place crushed cereal in third shallow dish. Dip fish in flour, coating well; shake off excess. Dip floured fish in egg mixture, then in cereal, coating all sides completely.
- ☐ Place coated fish on ungreased cookie sheet.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat until hot. Keeping at least 1 inch between fish fillets and cooking in batches if needed, cook fish in oil 3 to 4 minutes on each side, turning once, until well browned and fish flakes easily with fork.
- ☐ Serve fish topped with sauce.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:8.68, Inflammation Score:-6, Nutrition Score:19.021739285925%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 421.74kcal (21.09%), Fat: 22.91g (35.25%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 26.47g (9.63%), Sugar: 4.51g (5.01%), Cholesterol: 130.6mg (43.53%), Sodium: 1133.39mg (49.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Selenium: 51.16µg (73.08%), Vitamin K: 41.74µg (39.75%), Phosphorus: 310.66mg (31.07%), Vitamin B12: 1.81µg (30.18%), Iron: 5.1mg (28.31%), Vitamin B6: 0.55mg (27.69%), Vitamin B3: 5.45mg (27.23%), Vitamin B1: 0.38mg (25.6%), Vitamin B2: 0.43mg (25.44%), Folate: 89.07µg (22.27%), Vitamin E: 2.74mg (18.26%), Potassium: 569.31mg (16.27%), Magnesium: 50.19mg (12.55%), Vitamin D: 1.88µg (12.54%), Manganese: 0.16mg (8.21%), Vitamin A: 395.68IU (7.91%), Zinc: 1.06mg (7.09%), Vitamin B5: 0.61mg (6.1%), Copper: 0.11mg (5.41%), Vitamin C: 3.96mg (4.8%), Calcium: 38.86mg (3.89%), Fiber: 0.96g (3.85%)