



Corn Flake-Crusted Halibut

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon cayenne pepper to taste
- 2 cups corn flakes cereal crushed finely
- 2 teaspoons optional: dill fresh chopped
- 16 ounce pacific halibut filets
- 0.3 cup mayonnaise light
- 4 servings salt and freshly cracked pepper black to taste

Equipment

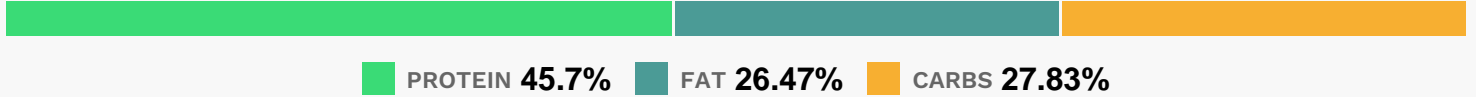
- bowl

- baking paper
- oven
- baking pan

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Line a baking dish with parchment paper.
- Combine crushed corn flakes, dill, cayenne pepper, salt, and ground black pepper in a large shallow bowl.
- Brush halibut with mayonnaise to evenly coat on all sides.
- Gently press the coated halibut fillets into the cornflake mixture to coat all sides; shake off any excess.
- Transfer breaded halibut fillets to the prepared baking dish.
- Bake in the preheated oven until fish flakes easily with a fork, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.700000166893%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 197.82kcal (9.89%), Fat: 5.72g (8.8%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 13.06g (4.75%), Sugar: 2g (2.22%), Cholesterol: 58.55mg (19.52%), Sodium: 527.38mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.22g (44.44%), Selenium: 53.36µg (76.23%), Vitamin B3: 9.9mg (49.48%), Vitamin B6: 0.87mg (43.7%), Vitamin D: 5.83µg (38.89%), Vitamin B12: 1.95µg (32.46%), Phosphorus: 284.92mg (28.49%), Iron: 4.26mg (23.69%), Vitamin B1: 0.25mg (16.4%), Folate: 64.48µg (16.12%), Potassium: 524.26mg (14.98%), Vitamin B2: 0.25mg (14.56%), Vitamin K: 10.07µg (9.59%), Magnesium: 32.04mg (8.01%), Vitamin E: 1.14mg (7.57%), Vitamin A: 368.95IU (7.38%), Vitamin B5: 0.43mg (4.32%), Zinc: 0.56mg (3.76%),

Vitamin C: 3.03mg (3.67%), Copper: 0.06mg (2.89%), Manganese: 0.04mg (1.98%), Fiber: 0.48g (1.92%), Calcium: 10.07mg (1.01%)