



Cornmeal-crusted Fish with Tartar Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cornmeal
- ☐ 1 large egg white
- ☐ 4 servings hot sauce
- ☐ 0.3 cup nonfat mayonnaise
- ☐ 1 tablespoon nonfat milk
- ☐ 1 tablespoon onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt

- ☐ 1 pound skinned such as catfish, orange roughy, or rockfish
- ☐ 1 tablespoon relish sweet
- ☐ 0.3 teaspoon pepper white
- ☐ 1 tablespoon citrus champagne vinegar

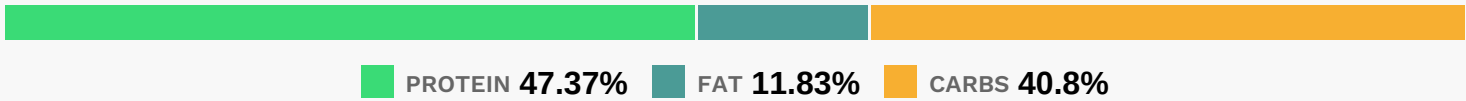
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Place a 10- by 15-inch nonstick pan in a 500 oven until pan is hot, about 5 minutes.
- ☐ Meanwhile, on a plate mix cornmeal, paprika, pepper, and 1/4 teaspoon salt.
- ☐ In a shallow bowl, beat egg white and milk to blend.
- ☐ Rinse fish fillets, pat dry, and cut into serving-size pieces.
- ☐ Coat fish with egg white mixture, then cornmeal mixture. Set aside in a single layer.
- ☐ When pan is hot, mist lightly with cooking oil spray. Quickly arrange fish pieces well apart in pan.
- ☐ Bake until fish is browned on bottom, 3 to 4 minutes. Turn over and continue baking until fish is golden on top and opaque but still moist-looking in thickest part (cut to test), 2 to 3 minutes longer.
- ☐ Meanwhile, mix mayonnaise, pickle relish, onion, and vinegar to make tartar sauce.
- ☐ With a wide spatula, transfer fish to plates; add salt to taste.
- ☐ Serve with tartar sauce and hot sauce.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:8.76, Inflammation Score:-4, Nutrition Score:11.14913044546%

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: 187.52kcal (9.38%), Fat: 2.41g (3.71%), Saturated Fat: 0.32g (2%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 16.38g (5.96%), Sugar: 3.26g (3.62%), Cholesterol: 69.45mg (23.15%), Sodium: 390.33mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.39%), Selenium: 78.62µg (112.32%), Phosphorus: 174.2mg (17.42%), Vitamin B3: 2.26mg (11.32%), Magnesium: 43.12mg (10.78%), Iron: 1.86mg (10.36%), Manganese: 0.2mg (10.08%), Vitamin E: 1.5mg (9.99%), Folate: 37.24µg (9.31%), Vitamin B6: 0.19mg (9.27%), Fiber: 2.3g (9.21%), Potassium: 289.32mg (8.27%), Vitamin B12: 0.46µg (7.67%), Vitamin K: 7.65µg (7.29%), Copper: 0.14mg (7.24%), Vitamin B2: 0.12mg (6.84%), Vitamin B1: 0.1mg (6.59%), Zinc: 0.92mg (6.14%), Vitamin A: 194.48IU (3.89%), Vitamin B5: 0.21mg (2.12%), Calcium: 19.42mg (1.94%)