



Crispy Broiled Sablefish

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 large egg white
- ☐ 1 tablespoon orange rind
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 24 ounce sablefish fillets
- ☐ 3.3 teaspoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 1 cup water cold

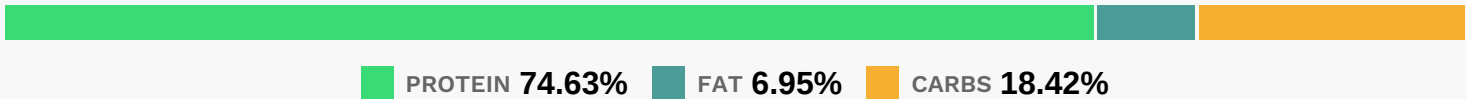
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1 cup water, 1 tablespoon salt, and sugar in a shallow dish.
- ☐ Add sablefish fillets; let stand 15 minutes.
- ☐ Remove fillets from brine; pat dry. Discard brine.
- ☐ Sprinkle fillets with remaining 1/4 teaspoon salt.
- ☐ Combine mustard and egg white, stirring with a whisk until blended.
- ☐ Brush mustard mixture over fillets.
- ☐ Combine panko and rind. Press panko mixture evenly over top of fillets.
- ☐ Place fillets on a broiler pan coated with cooking spray.
- ☐ Bake at 400 for 10 minutes.
- ☐ Remove pan from oven.
- ☐ Preheat broiler.
- ☐ Broil fillets 3 minutes or until brown.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:0.7, Inflammation Score:-2, Nutrition Score:12.084782573192%

Nutrients (% of daily need)

Calories: 157.35kcal (7.87%), Fat: 1.16g (1.78%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.35g (2.31%), Sugar: 1.54g (1.71%), Cholesterol: 79.95mg (26.65%), Sodium: 2490.2mg (108.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Selenium: 42.94µg (61.35%), Vitamin B12: 3.4µg (56.69%), Phosphorus: 493.25mg (49.33%), Potassium: 433.34mg (12.38%), Vitamin B3: 2.39mg (11.95%), Vitamin B6: 0.21mg (10.6%), Magnesium: 39.72mg (9.93%), Vitamin B1: 0.13mg (8.88%), Vitamin B2: 0.15mg (8.55%), Vitamin E: 0.93mg (6.22%), Vitamin B5: 0.57mg (5.68%), Vitamin D: 0.85µg (5.67%), Folate: 20.8µg (5.2%), Manganese: 0.1mg (5.02%), Zinc: 0.66mg (4.41%), Iron: 0.69mg (3.83%), Calcium: 34.07mg (3.41%), Copper: 0.07mg (3.33%), Vitamin C: 2.05mg (2.48%), Fiber: 0.55g (2.2%)