



Crispy Curry Fish with Peanut-Mango Slaw

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb filets
- 1 cup cucumber quartered
- 1.5 tsp curry powder divided
- 4 cups coleslaw blend (cabbage slaw mix)
- 1 mangos peeled chopped
- 0.3 cup planters cocktail peanuts chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1 env. shake 'n bake chicken coating mix

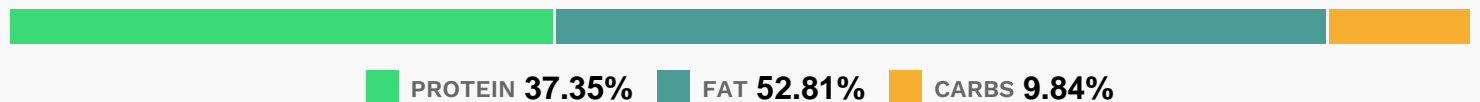
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix coating mix and 1 tsp. curry powder in shaker bag.
- Add fish, 1 piece at a time, to shaker bag; shake until evenly coated.
- Place on foil-covered baking sheet sprayed with cooking spray.
- Bake 20 min. or until fish flakes easily with fork. Meanwhile, mix mayo and remaining curry powder in large bowl.
- Add coleslaw blend, mangos, cucumbers and nuts; toss to coat.
- Serve fish with coleslaw.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:4.3808695440707%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.7kcal (4.28%), Fat: 5g (7.69%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.37g (1.53%), Cholesterol: 25.84mg (8.61%), Sodium: 43.53mg (1.89%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.96g (15.91%), Selenium: 8.89µg (12.7%), Vitamin B3: 2.31mg (11.53%), Vitamin K: 9.2µg (8.76%), Vitamin C: 6.64mg (8.05%), Phosphorus: 77.69mg (7.77%), Vitamin B6: 0.15mg (7.67%), Potassium: 155.1mg (4.43%), Magnesium: 14.84mg (3.71%), Vitamin B12: 0.22µg (3.61%), Folate: 13.33µg (3.33%), Manganese: 0.07mg (3.31%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.46mg (3.08%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.05mg (2.92%), Vitamin A: 130.89IU (2.62%), Iron: 0.43mg (2.39%), Vitamin E: 0.31mg (2.09%), Fiber: 0.52g (2.09%), Copper: 0.04mg (2.06%), Vitamin D: 0.19µg (1.25%), Calcium: 12.2mg (1.22%)