



HEALTH SCORE

100%

Crispy Fish-and-Chips



Dairy Free



Very Healthy

READY IN



52 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baking potatoes cut into 1/4-inch strips
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 pinch pepper black freshly ground
- ☐ 0.8 cup cornflakes crushed
- ☐ 1 large egg white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 pinch ground pepper red

- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce snapper white firm

Equipment

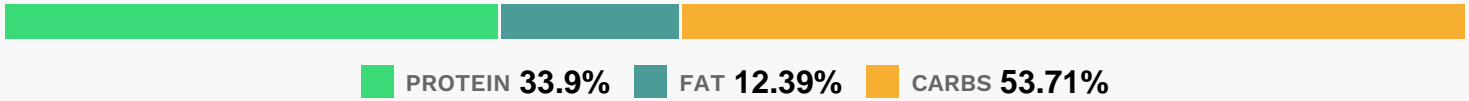
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Spray a large baking pan with cooking spray or line with nonstick aluminum foil.
- ☐ Combine olive oil and garlic in a small skillet; cook over medium heat, stirring constantly, about 2 minutes or until fragrant. (Do not let the garlic brown.)
- ☐ Pour oil through a fine wire-mesh sieve into a medium bowl.
- ☐ Transfer garlic to a separate medium bowl.
- ☐ Add potatoes to oil, and toss to coat. Arrange in a single layer in prepared pan, and bake at 425 for 20 to 25 minutes or until bottoms are browned. Turn potatoes, and bake 6 to 8 minutes or until browned and crisp.
- ☐ Add potatoes, salt, and pinch of black pepper to bowl with garlic; toss to coat. Cover with foil to keep warm.
- ☐ Sprinkle fish with red pepper, paprika, salt, and 1/8 teaspoon black pepper.

- ☐ Place flour in a shallow dish.
- ☐ Whisk egg white and 1 tablespoon water in a medium bowl.
- ☐ Place cornflake crumbs in a shallow dish. Dredge fish in flour, shake off excess, and dip in egg white mixture. Dredge in cornflakes, coating completely.
- ☐ Place a wire rack coated with cooking spray inside a large baking pan. Arrange fish in a single layer on rack; coat top of fish lightly with cooking spray, and bake 12 to 15 minutes or until crisp and browned.
- ☐ Serve with potatoes and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:81.56, Glycemic Load:22.04, Inflammation Score:-9, Nutrition Score:37.777391143467%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 487.92kcal (24.4%), Fat: 6.83g (10.5%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 66.6g (22.2%), Net Carbohydrates: 63.21g (22.98%), Sugar: 5.07g (5.64%), Cholesterol: 85.05mg (28.35%), Sodium: 867.98mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.04g (84.08%), Selenium: 80.66µg (115.23%), Iron: 15.36mg (85.31%), Vitamin B3: 16.42mg (82.08%), Vitamin B12: 4.91µg (81.88%), Vitamin B6: 1.49mg (74.57%), Folate: 234.78µg (58.69%), Vitamin B1: 0.84mg (56.24%), Vitamin B2: 0.91mg (53.64%), Vitamin D: 6.87µg (45.8%), Phosphorus: 412.72mg (41.27%), Potassium: 1100.57mg (31.44%), Magnesium: 93.61mg (23.4%), Manganese: 0.43mg (21.48%), Vitamin C: 16.8mg (20.36%), Vitamin A: 927.78IU (18.56%), Copper: 0.36mg (17.87%), Fiber: 3.39g (13.58%), Vitamin B5: 1.35mg (13.51%), Zinc: 1.44mg (9.61%), Vitamin E: 1.34mg (8.93%), Vitamin K: 6.95µg (6.62%), Calcium: 40.39mg (4.04%)