



Crispy Fish Fillets with Zesty Lime Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon lemon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups panko bread crumbs plain crispy
- ☐ 2 eggs beaten
- ☐ 1 lb fish fillet white
- ☐ 0.3 cup canola oil
- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 teaspoon lime zest grated

- ☐ 2 tablespoons juice of lime
- ☐ 0.3 teaspoon salt

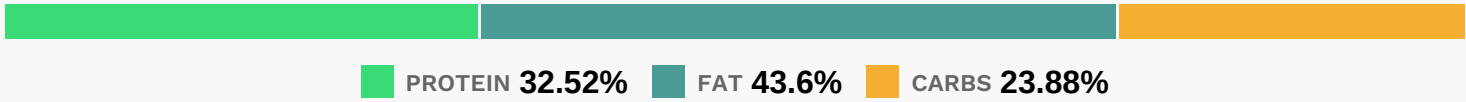
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ On plate, mix flour, lemon-pepper and salt. On second plate, place bread crumbs. In bowl, beat eggs with fork. Coat fish with flour mixture. Dip into eggs; coat well with bread crumbs.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Add fish; cook 3 minutes. Carefully turn fish over. Cook about 3 minutes longer or until fish flakes easily with fork.
- ☐ In small bowl, mix sauce ingredients.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:3.18, Inflammation Score:-4, Nutrition Score:20.021304534829%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 396.2kcal (19.81%), Fat: 19.2g (29.54%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 23.65g (7.88%), Net Carbohydrates: 22.49g (8.18%), Sugar: 6.1g (6.78%), Cholesterol: 139.76mg (46.59%), Sodium: 711.02mg (30.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.45%), Selenium: 63.03µg (90.04%), Vitamin B12: 2.43µg (40.45%), Phosphorus: 371.44mg (37.14%), Vitamin B3: 6.11mg (30.56%), Vitamin D: 3.96µg (26.37%), Vitamin B2: 0.42mg (24.75%), Vitamin E: 3.18mg (21.17%), Vitamin B1: 0.31mg (20.85%), Folate: 76.14µg (19.03%), Calcium: 184.4mg (18.44%), Potassium: 587.8mg (16.79%), Manganese: 0.33mg (16.41%), Vitamin B5: 1.43mg

(14.28%), Vitamin B6: 0.28mg (14.16%), Magnesium: 55.69mg (13.92%), Vitamin K: 13.88µg (13.22%), Iron: 2.3mg (12.8%), Zinc: 1.58mg (10.51%), Copper: 0.18mg (8.77%), Fiber: 1.17g (4.66%), Vitamin C: 2.95mg (3.57%), Vitamin A: 129.82IU (2.6%)