

Crispy Fish Fingers

READY IN



32 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 ounce bread whole-wheat
- ☐ 1 pinch cayenne pepper
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 eggs beaten
- ☐ 1 pound sushi-grade yellowtail flounder
- ☐ 1 tablespoon chives fresh snipped
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup nonfat yogurt plain greek-style

- ☐ 1 teaspoon salt
- ☐ 0.5 cup flour whole-wheat
- ☐ 0.5 teaspoon worcestershire sauce

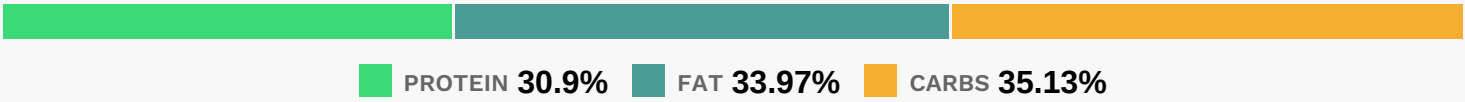
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the bread in the bowl of a food processor and pulse until bread crumbs form. Toast the crumbs in a large, dry nonstick skillet over a medium-high heat, stirring frequently and breaking up the crumbs with a spoon if they begin to stick together, until crisp and golden, about 2 minutes.
- ☐ Remove from heat.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Spray a baking sheet with olive oil cooking spray. On a plate, combine the flour, salt and pepper.
- ☐ Cut the fillets into 4 by 1-inch strips. A few pieces at a time, dip the fish into the flour mixture, dusting off the excess. Dip the fish in the egg and then the bread crumbs. Arrange on the baking sheet and continue until all of the fish is breaded.
- ☐ Bake until golden and cooked through, about 10 minutes.
- ☐ Meanwhile, in a small bowl, stir together the yogurt, mayonnaise, mustard, Worcestershire sauce, chives and cayenne, if using. Season, to taste, with freshly ground black pepper.
- ☐ Excellent source of: Protein, Niacin, Vitamin B12, Manganese, Phosphorus, Selenium
- ☐ Good source of: Fiber, Thiamin, Riboflavin, Vitamin B6, Vitamin D, Calcium, Copper, Iron, Magnesium, Potassium

Nutrition Facts



Properties

Glycemic Index:62.42, Glycemic Load:7.29, Inflammation Score:-4, Nutrition Score:18.542608561723%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 303.02kcal (15.15%), Fat: 11.41g (17.56%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 23.53g (8.56%), Sugar: 3.55g (3.94%), Cholesterol: 136.22mg (45.41%), Sodium: 970.69mg (42.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Selenium: 57.18µg (81.68%), Manganese: 1.01mg (50.39%), Phosphorus: 460.1mg (46.01%), Vitamin B12: 1.61µg (26.84%), Vitamin D: 3.63µg (24.19%), Vitamin B3: 3.59mg (17.97%), Vitamin B1: 0.25mg (16.53%), Vitamin B2: 0.27mg (16.14%), Magnesium: 62.45mg (15.61%), Vitamin K: 15.12µg (14.4%), Iron: 2.34mg (12.98%), Vitamin B6: 0.26mg (12.91%), Folate: 50.79µg (12.7%), Calcium: 123.57mg (12.36%), Fiber: 3.02g (12.09%), Potassium: 377.79mg (10.79%), Zinc: 1.58mg (10.56%), Vitamin B5: 1.03mg (10.33%), Vitamin E: 1.37mg (9.1%), Copper: 0.15mg (7.67%), Vitamin A: 212.1IU (4.24%)