



Crispy Fish Fingers with Jalapeno Ranch Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cherry tomatoes halved
- 0.3 cup cilantro leaves
- 2 Tbsp juice of lime
- 1 Tbsp oil
- 1 lb orange roughy fillets
- 2 jalapeño peppers stemmed halved seeded
- 0.5 cup lite ranch dressing kraft

- 10 oz salad greens
- 1 env. oven fry fish fry seasoned coating mix for fish
- 1 env. oven fry fish fry seasoned coating mix for fish

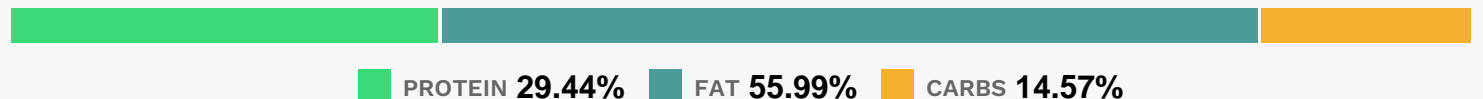
Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Line 15x10x1-inch baking pan with foil. Coat evenly with oil.
- Cut fish into 3x1-inch strips. Moisten with water, then coat evenly with coating mix. Arrange in prepared pan.
- Bake at 425F 12 to 15 minutes or until fish flakes easily with fork.
- Meanwhile, place dressing, jalapeno peppers, cilantro and lime juice in blender or food processor container; cover. Process until smooth.
- Toss greens and tomatoes in large bowl.
- Add 1/2 of the dressing mixture; mix lightly. Top with baked fish fingers; drizzle with remaining dressing mixture.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.18, Inflammation Score:-9, Nutrition Score:21.366956491185%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 284.88kcal (14.24%), Fat: 17.89g (27.52%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 8.88g (3.23%), Sugar: 4.83g (5.36%), Cholesterol: 75.84mg (25.28%), Sodium: 380.96mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.33%), Selenium: 77.36µg (110.51%), Vitamin C: 83.79mg (101.56%), Vitamin K: 53.12µg (50.59%), Vitamin A: 1551.59IU (31.03%), Phosphorus: 239.07mg (23.91%), Vitamin E: 3.32mg (22.12%), Folate: 73.91µg (18.48%), Potassium: 611mg (17.46%), Manganese: 0.33mg (16.5%), Vitamin B6: 0.32mg (16.06%), Vitamin B3: 2.84mg (14.22%), Iron: 2.42mg (13.42%), Copper: 0.23mg (11.28%), Magnesium: 42.09mg (10.52%), Vitamin B2: 0.15mg (8.73%), Vitamin B1: 0.12mg (8.28%), Vitamin B12: 0.48µg (8.03%), Fiber: 1.59g (6.36%), Vitamin B5: 0.55mg (5.52%), Calcium: 43.68mg (4.37%), Zinc: 0.65mg (4.36%)