



Crispy Fish Nuggets with Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds filets cut into 1-inch pieces
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 tablespoon dill pickle chopped
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon juice of lemon fresh
- ☐ 0.3 cup canola mayonnaise
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons water

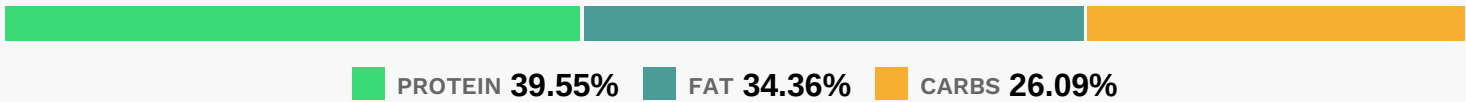
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add panko and thyme to pan; cook 2 minutes or until golden brown, shaking pan frequently.
- ☐ Combine panko mixture, salt, and pepper in a shallow dish.
- ☐ Place flour in another shallow dish.
- ☐ Combine 2 tablespoons water and egg in another shallow dish. Dredge fish in flour mixture. Dip in egg mixture, and dredge in panko mixture. Arrange fish in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake fish at 400 for 12 minutes or until done.
- ☐ Combine mayonnaise and remaining ingredients in a bowl; serve with nuggets.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:8.78, Inflammation Score:-9, Nutrition Score:19.529565209928%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 371.8kcal (18.59%), Fat: 13.81g (21.25%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 22.13g (8.05%), Sugar: 1.16g (1.29%), Cholesterol: 125.52mg (41.84%), Sodium: 633.22mg (27.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.55%), Selenium: 69.66µg (99.51%), Phosphorus: 417.85mg (41.78%), Vitamin B12: 1.73µg (28.81%), Vitamin B3: 5.48mg (27.39%), Vitamin B1: 0.41mg (27.13%), Vitamin K: 25.92µg (24.69%), Vitamin B6: 0.47mg (23.63%), Potassium: 787.92mg (22.51%), Vitamin B2: 0.32mg (18.77%), Magnesium: 69.72mg (17.43%), Manganese: 0.34mg (17.01%), Folate: 64.41µg (16.1%), Iron: 2.69mg (14.96%), Vitamin D: 1.81µg (12.06%), Vitamin E: 1.71mg (11.4%), Zinc: 1.32mg (8.78%), Calcium: 76.01mg (7.6%), Copper: 0.14mg (6.79%), Vitamin B5: 0.64mg (6.41%), Fiber: 1.46g (5.83%), Vitamin C: 4.77mg (5.78%), Vitamin A: 240.37IU (4.81%)