



Crispy Fish Sticks

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound filets sliced
- ☐ 2 large eggs beaten to blend
- ☐ 0.3 cup flour all-purpose
- ☐ 4 servings pepper freshly ground
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.8 cup vegetable oil divided

Equipment

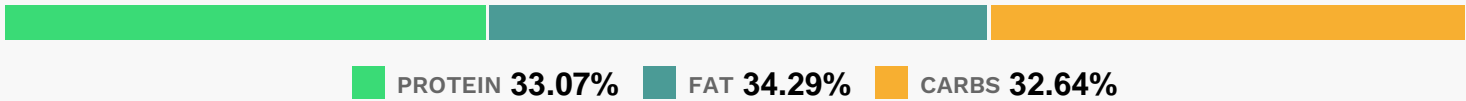
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Place eggs, panko, and flour in 3 separate shallow medium bowls.
- ☐ Season fish with salt and pepper. Working in batches, dredge fish in flour, shaking off excess. Coat with egg, allowing excess to drip back into bowl. Coat with panko, pressing to adhere.
- ☐ Transfer fish to a plate.
- ☐ Heat 1/2 cup oil in a large skillet over medium-high heat. Working in 2 batches and adding 1/4 cup oil between batches, cook fish until golden brown and cooked through, about 3 minutes per side.
- ☐ Transfer fish sticks to a paper towel-lined plate; season with salt.
- ☐ DO AHEAD: Fish sticks can be breaded 2 days ahead. Cover and chill, or freeze in resealable plastic bags up to 3 months. Fish sticks can be cooked from frozen (cooking time will be slightly longer).
- ☐ Sure, ketchup will get the job done. But these fast, simple homemade dipping sauces are a welcome addition to the table. Both can be made two days ahead; cover and chill.
Pickle-Juice Sauce
- ☐ Mix 1/2 cup plain 2% fat Greek yogurt, 1/4 cup ketchup, 2 tablespoons pickle juice, and 1 1/2 tsp. Dijon mustard in a small bowl; season with kosher salt and freshly ground black pepper.
Dill Sauce
- ☐ Mix 1 finely chopped small shallot, 1/2 cup plain 2% fat Greek yogurt, 3 tablespoons finely chopped fresh dill, and 2 tablespoons fresh lemon juice in a small bowl; season with kosher salt and freshly ground black pepper.
- ☐ Per serving: 490 calories, 20 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.33, Inflammation Score:-5, Nutrition Score:16.916521761728%

Nutrients (% of daily need)

Calories: 348.19kcal (17.41%), Fat: 12.98g (19.97%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 26.21g (9.53%), Sugar: 1.97g (2.19%), Cholesterol: 141.76mg (47.25%), Sodium: 316.51mg (13.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Selenium: 55.42µg (79.18%), Phosphorus: 337.79mg (33.78%), Vitamin B1: 0.45mg (29.85%), Vitamin B3: 4.81mg (24.05%), Vitamin B12: 1.36µg (22.66%), Vitamin B2: 0.35mg (20.45%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.36mg (18.02%), Vitamin K: 17.39µg (16.56%), Folate: 66.1µg (16.53%), Potassium: 571.32mg (16.32%), Iron: 2.69mg (14.95%), Magnesium: 54.08mg (13.52%), Vitamin E: 1.69mg (11.24%), Vitamin D: 1.52µg (10.14%), Calcium: 88.66mg (8.87%), Zinc: 1.32mg (8.82%), Vitamin B5: 0.76mg (7.58%), Copper: 0.14mg (6.94%), Fiber: 1.59g (6.34%), Vitamin A: 180.91IU (3.62%), Vitamin C: 1.13mg (1.37%)