



Crispy Fish with Lemon-Dill Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 24 ounce filets skinless
- ☐ 2 tablespoons dill pickle finely chopped
- ☐ 2 large egg whites lightly beaten
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings lemon wedges

- ☐ 0.3 cup canola mayonnaise (such as Hellmann's)
- ☐ 0.8 teaspoon onion powder
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon paprika
- ☐ 0.4 teaspoon salt

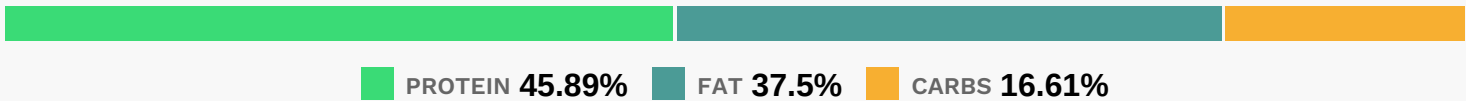
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler to high.
- ☐ Place egg whites in a shallow dish.
- ☐ Combine panko, paprika, onion powder, and garlic powder in a shallow dish.
- ☐ Sprinkle fish evenly with pepper and salt. Dip each fillet in egg white, then dredge in panko mixture; place on a broiler pan coated with cooking spray. Broil 4 minutes on each side or until desired degree of doneness.
- ☐ Combine mayonnaise, pickle, lemon juice, and dill.
- ☐ Serve with fish and lemon wedges.
- ☐ Wine note: This dish requires a wine with acidity to cut through the breading and also to act like a final spritz of lemon. Waterbrook 2008 Pinot Gris from Washington state's Columbia Valley (\$1
- ☐ does all that with a touch of fruit. Sara Schneider

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:16.831304218458%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.07kcal (15.45%), Fat: 12.53g (19.28%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.38g (4.14%), Sugar: 1.35g (1.5%), Cholesterol: 79.02mg (26.34%), Sodium: 596.62mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.5g (69%), Selenium: 63.94µg (91.34%), Phosphorus: 382.03mg (38.2%), Vitamin B12: 1.63µg (27.2%), Vitamin K: 26.26µg (25.01%), Vitamin B6: 0.46mg (22.98%), Vitamin B3: 4.57mg (22.84%), Potassium: 795.52mg (22.73%), Vitamin B1: 0.29mg (19.07%), Magnesium: 65.68mg (16.42%), Vitamin B2: 0.26mg (15.05%), Manganese: 0.25mg (12.45%), Vitamin E: 1.65mg (11.03%), Vitamin D: 1.56µg (10.39%), Iron: 1.59mg (8.83%), Folate: 31.02µg (7.75%), Zinc: 1.07mg (7.12%), Calcium: 66.13mg (6.61%), Copper: 0.11mg (5.43%), Fiber: 1.1g (4.41%), Vitamin A: 218.76IU (4.38%), Vitamin B5: 0.43mg (4.26%), Vitamin C: 2.99mg (3.62%)