



Crispy Fish with Our Favorite Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp butter
- 0.3 cup knudsen cream sour
- 1 cup cucumbers peeled seeded finely chopped
- 2 Tbsp flour
- 1 tsp lemon zest
- 0.3 cup real mayo mayonnaise kraft
- 1 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft
- 1.5 lb tilapia fillets

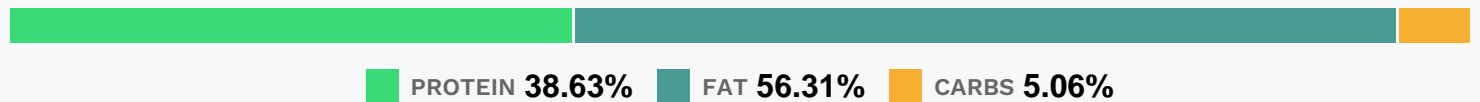
Equipment

- frying pan

Directions

- Combine first 4 ingredients. Refrigerate until ready to use.
- Mix cheese and flour in pie plate. Dip fish, 1 fillet at a time, in cheese mixture, turning to evenly coat both sides of each.
- Heat oil and butter in large nonstick skillet on medium-high heat until butter is melted.
- Add 3 fish fillets; cook 4 to 5 min. on each side or until fish flakes easily with fork.
- Remove from skillet; cover to keep warm. Repeat with remaining fish fillets.
- Serve with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:12.290434744047%

Nutrients (% of daily need)

Calories: 247.83kcal (12.39%), Fat: 15.55g (23.92%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.71g (0.79%), Cholesterol: 72.81mg (24.27%), Sodium: 166.15mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 49.45µg (70.64%), Vitamin B12: 1.85µg (30.83%), Vitamin D: 3.54µg (23.62%), Vitamin B3: 4.59mg (22.97%), Phosphorus: 220.55mg (22.05%), Vitamin K: 20.15µg (19.19%), Potassium: 393.32mg (11.24%), Vitamin B6: 0.2mg (10.14%), Folate: 36.15µg (9.04%), Magnesium: 35.56mg (8.89%), Vitamin E: 1.2mg (8.03%), Vitamin B5: 0.67mg (6.74%), Vitamin B2: 0.11mg (6.71%), Copper: 0.11mg (5.44%), Vitamin B1: 0.08mg (5.11%), Iron: 0.85mg (4.72%), Calcium: 41.02mg (4.1%), Manganese: 0.08mg (3.92%), Zinc: 0.55mg (3.67%), Vitamin A: 155.46IU (3.11%), Vitamin C: 1.23mg (1.49%), Fiber: 0.26g (1.03%)