



## Crispy Fish with Our Favorite Sauce

READY IN



25 min.

SERVINGS



25

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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

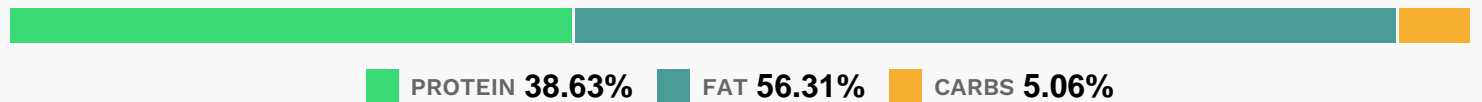
# Equipment

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:7.6, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.9495652732642%

# Nutrients (% of daily need)

Calories: 59.48kcal (2.97%), Fat: 3.73g (5.74%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 17.47mg (5.82%), Sodium: 39.88mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Selenium: 11.87µg (16.95%), Vitamin B12: 0.44µg (7.4%), Vitamin D: 0.85µg (5.67%), Vitamin B3: 1.1mg (5.51%), Phosphorus: 52.93mg (5.29%), Vitamin K: 4.84µg (4.6%), Potassium: 94.4mg (2.7%), Vitamin B6: 0.05mg (2.43%), Folate: 8.68µg (2.17%), Magnesium: 8.53mg (2.13%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.16mg (1.62%), Vitamin B2: 0.03mg (1.61%), Copper: 0.03mg (1.31%), Vitamin B1: 0.02mg (1.23%), Iron: 0.2mg (1.13%)