



Crispy Herbed Fish Fillets

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb sushi-grade yellowtail flounder cut into 4 serving pieces (1/)
- 2 eggs
- 1.3 cups panko bread crumbs crispy
- 1 teaspoon lemon zest grated
- 1 teaspoon marjoram dried
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup vegetable oil

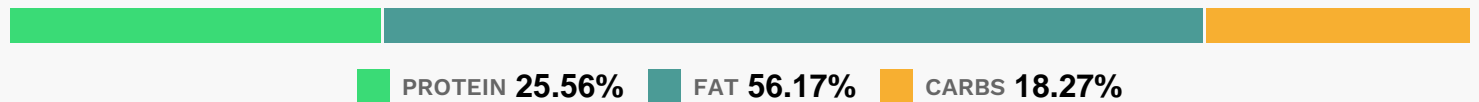
Equipment

- frying pan
- paper towels
- whisk

Directions

- Dry fish well on paper towels. In shallow dish, beat eggs with fork or wire whisk until well mixed. In another shallow dish, mix bread crumbs, lemon peel, marjoram, salt and pepper.
- In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat. Dip fish in eggs, then coat well with crumb mixture.
- Add about half of the fish in single layer to oil. Cook 3 to 4 minutes, carefully turning once, until outside is browned and crisp and fish flakes easily with fork.
- Remove cooked fish from skillet to plate; cover to keep warm. Repeat with remaining oil and fish.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:13.350434741248%

Nutrients (% of daily need)

Calories: 305.96kcal (15.3%), Fat: 18.91g (29.09%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.89g (4.69%), Sugar: 1.27g (1.41%), Cholesterol: 132.87mg (44.29%), Sodium: 551.1mg (23.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.72%), Selenium: 41.65µg (59.51%), Phosphorus: 360.59mg (36.06%), Vitamin B12: 1.54µg (25.71%), Vitamin K: 26.83µg (25.56%), Vitamin D: 3.62µg (24.1%), Vitamin B1: 0.22mg (14.37%), Vitamin E: 2.08mg (13.85%), Vitamin B3: 2.44mg (12.22%), Vitamin B2: 0.2mg (11.73%), Manganese: 0.21mg (10.62%), Folate: 36.23µg (9.06%), Vitamin B6: 0.17mg (8.64%), Iron: 1.54mg (8.54%), Magnesium: 31.5mg (7.87%), Calcium: 72.35mg (7.23%), Potassium: 251.45mg (7.18%), Vitamin B5: 0.65mg (6.54%), Zinc: 0.92mg (6.15%), Copper: 0.09mg (4.39%), Fiber: 0.94g (3.75%), Vitamin A: 159.17IU (3.18%)