



Crispy Oven-Fried Fish Fillets

READY IN



20 min.

SERVINGS



4

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups 2 cups pepperidge farm® generous cut zesty italian croutons italian generous pepperidge farm® crushed
- ☐ 16 ounce fillets fish white
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 4 servings tartar sauce

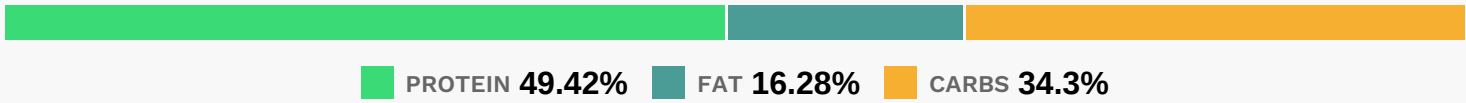
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F. Spray baking sheet with vegetable cooking spray.
- ☐ Dip fish into milk. Coat with flour and then dip in milk. Coat with crushed croutons.
- ☐ Place fish on baking sheet. Spray fish with vegetable cooking spray.
- ☐ Bake for 10 minutes or until fish is done.
- ☐ Serve with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:12.06, Inflammation Score:-4, Nutrition Score:13.518260747113%

Nutrients (% of daily need)

Calories: 212.66kcal (10.63%), Fat: 3.81g (5.86%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 17.09g (6.21%), Sugar: 1.04g (1.16%), Cholesterol: 59.21mg (19.74%), Sodium: 178.22mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Selenium: 56.07µg (80.1%), Vitamin B12: 1.9µg (31.69%), Vitamin B3: 5.73mg (28.63%), Vitamin D: 3.74µg (24.93%), Phosphorus: 239.17mg (23.92%), Folate: 61.36µg (15.34%), Vitamin B1: 0.21mg (14.19%), Potassium: 400.6mg (11.45%), Vitamin B2: 0.18mg (10.54%), Vitamin B6: 0.2mg (10.19%), Magnesium: 39.49mg (9.87%), Iron: 1.61mg (8.96%), Manganese: 0.17mg (8.61%), Vitamin B5: 0.73mg (7.27%), Copper: 0.12mg (6.06%), Calcium: 49.18mg (4.92%), Zinc: 0.65mg (4.31%), Fiber: 0.98g (3.92%), Vitamin E: 0.49mg (3.23%), Vitamin K: 2.18µg (2.07%)