



WHATSheATE



Crispy Panko Fish with Orange Sesame Sauce



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup agave nectar



0.3 tsp ground pepper (if spice sensitive, use just a pinch)



0.3 tsp ground pepper



1.5 lb filets boneless skinless white firm



2 tsp cornstarch



1 cup flour



0.8 tsp garlic powder



0.3 cup soy sauce low sodium

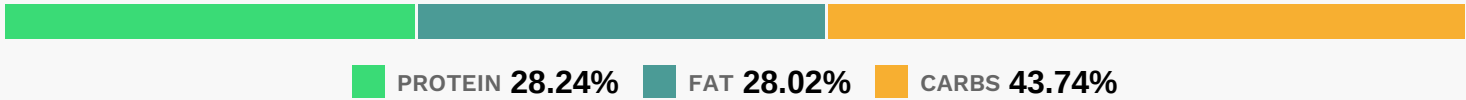
- ☐ 0.5 cup orange juice freshly squeezed
- ☐ 1.5 cups panko bread crumbs
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp salt
- ☐ 1.5 cups seltzer water
- ☐ 2 tbsp sesame oil
- ☐ 3 tbsp sesame seed
- ☐ 6 servings vegetable oil for frying with a high smoke point (i prefer grapeseed)

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Crispy Panko Fish with Orange Sesame Sauce
- ☐ Fish Ingredients1 1/2 lb. boneless skinless white fish fillets – choose a firm white fish like cod, snapper or halibut1 1/2 cups seltzer water1 cup flour1 tbsp cornstarch1 tsp salt3/4 tsp garlic powder1/4 tsp cayenne pepper1 1/2 cups panko breadcrumbs3 tbsp sesame seeds
- ☐ Vegetable oil with a high smoke point for frying (I prefer grapeseed)Sauce Ingredients2 tsp cornstarch1/2 cup freshly squeezed orange juice1/3 cup agave nectar1/4 cup low sodium soy sauce2 tbsp sesame oil1 tbsp rice vinegar1/4 tsp cayenne (if spice sensitive, use just a pinch)
- ☐ Total Time: 50 Minutes
- ☐ Servings: 6–8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:49.33, Glycemic Load:14.21, Inflammation Score:-6, Nutrition Score:17.642608652944%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 377.85kcal (18.89%), Fat: 11.62g (17.87%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 38.82g (14.12%), Sugar: 11.13g (12.36%), Cholesterol: 48.76mg (16.25%), Sodium: 955.53mg (41.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Selenium: 50.34µg (71.92%), Phosphorus: 329.26mg (32.93%), Vitamin B1: 0.47mg (31.35%), Vitamin B3: 5.07mg (25.36%), Manganese: 0.47mg (23.32%), Folate: 81.36µg (20.34%), Vitamin B6: 0.4mg (20.23%), Magnesium: 74.02mg (18.5%), Vitamin B12: 1.08µg (18.07%), Potassium: 629.28mg (17.98%), Vitamin B2: 0.3mg (17.76%), Iron: 3.02mg (16.78%), Vitamin C: 13.66mg (16.56%), Copper: 0.31mg (15.3%), Calcium: 102.06mg (10.21%), Vitamin K: 9.84µg (9.37%), Zinc: 1.39mg (9.29%), Vitamin E: 1.27mg (8.5%), Fiber: 1.99g (7.96%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 149.51IU (2.99%)