



Crunchy Baked Fish Fillets

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 20 servings pepper black freshly ground
- 20 oz filets skinless
- 15 triscuit crackers crushed
- 2 teaspoons dijon mustard
- 2 tablespoons optional: dill fresh finely chopped
- 2 teaspoons juice of lemon
- 3 tablespoons mayonnaise light

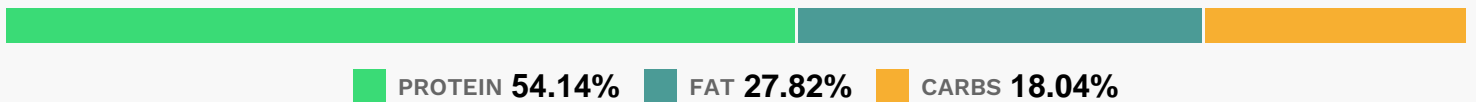
Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 450F. Line a 9-by-13-inch baking pan with foil and mist with cooking spray.
- Pat fish dry with paper towels.
- Sprinkle with pepper; transfer to pan.
- Combine crushed crackers and dill in a bowl.
- Mix mayonnaise, mustard and lemon juice in another bowl.
- Spread mayonnaise mixture over tops of fillets.
- Sprinkle cracker mixture on top and gently press to adhere.
- Bake until fish is cooked through, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.4295652249585%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40kcal (2%), Fat: 1.2g (1.85%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.28g (0.31%), Cholesterol: 12.53mg (4.18%), Sodium: 58.07mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Selenium: 9.72µg (13.88%), Phosphorus: 64.77mg (6.48%), Vitamin B12: 0.26µg (4.3%), Vitamin B6: 0.07mg (3.59%), Potassium: 123.3mg (3.52%), Vitamin B3: 0.7mg (3.5%), Magnesium: 10mg (2.5%), Vitamin K: 2.45µg (2.34%), Vitamin B1: 0.03mg (2.19%), Vitamin E: 0.31mg (2.06%), Vitamin D: 0.26µg (1.7%), Manganese: 0.03mg (1.6%), Vitamin B2: 0.03mg (1.48%), Iron: 0.23mg (1.29%)