



Crunchy fish goujons with skinny chips

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large potatoes cut into skinny chips
- ☐ 2 tbsp olive oil
- ☐ 450 g chunky fish fillets cut into finger-sized strips
- ☐ 2 eggs beaten
- ☐ 140 g cornflakes crushed
- ☐ 4 servings tomato ketchup and lemon wedges

Equipment

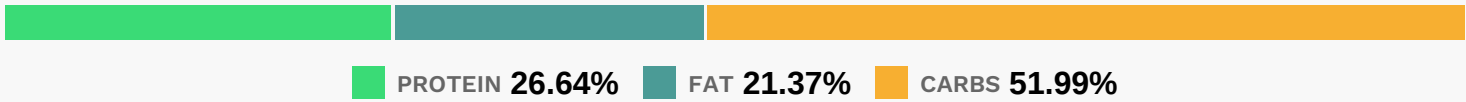
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put chips on a baking tray, toss with oil and season. Cook for 20 mins on the top shelf.
- ☐ Dip the fish strips in the egg and then the cornflakes.
- ☐ Lay on a rack over a baking tray.
- ☐ Transfer the chips to a lower shelf, then cook the fish above for 15 mins, turning half way, until crisp and golden.

Nutrition Facts



Properties

Glycemic Index:27.31, Glycemic Load:23.61, Inflammation Score:-8, Nutrition Score:34.406521734984%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 468.64kcal (23.43%), Fat: 11.31g (17.41%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 61.92g (20.64%), Net Carbohydrates: 56.68g (20.61%), Sugar: 4.87g (5.41%), Cholesterol: 138.09mg (46.03%), Sodium: 356.12mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.45%), Selenium: 57.24µg (81.77%), Iron: 12.61mg (70.08%), Vitamin B6: 1.39mg (69.56%), Vitamin B3: 12.62mg (63.09%), Vitamin B12: 3.72µg (62.05%), Vitamin C: 44.23mg (53.61%), Folate: 191.92µg (47.98%), Vitamin B2: 0.76mg (44.86%), Vitamin B1: 0.67mg (44.79%), Phosphorus: 375.83mg (37.58%), Vitamin D: 5.19µg (34.58%), Potassium: 1207.1mg (34.49%), Magnesium: 89.18mg (22.3%), Fiber: 5.24g (20.97%), Manganese: 0.39mg (19.46%), Copper: 0.37mg (18.46%), Vitamin B5: 1.51mg (15.13%), Vitamin A: 747.81IU (14.96%), Vitamin E: 1.75mg (11.67%), Zinc: 1.54mg (10.27%), Vitamin K: 9.36µg (8.91%), Calcium: 47.79mg (4.78%)