



Crusty Fish Fillets with Ranch Topping

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wheat cracker crumbs fat-free 22 crackers
- ☐ 0.3 cup cucumber finely chopped
- ☐ 16 ounce sushi-grade yellowtail flounder
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons dressing fat-free ranch-style
- ☐ 3 tablespoons dressing fat-free ranch-style
- ☐ 0.3 cup tomatoes finely chopped

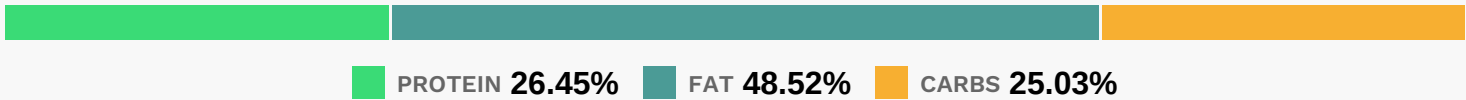
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Spread both sides of fillets with 3 tablespoons dressing.
- ☐ Combine cracker crumbs and pepper in a shallow dish; dredge fish in crumb mixture.
- ☐ Place fish in an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 15 to 20 minutes or until fish flakes easily when tested with a fork.
- ☐ Drizzle with 2 tablespoons dressing; top with cucumber and tomato.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:10.320000036903%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 236.97kcal (11.85%), Fat: 12.61g (19.39%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.08g (5.12%), Sugar: 5.82g (6.47%), Cholesterol: 59.23mg (19.74%), Sodium: 394.81mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Selenium: 31.83µg (45.47%), Phosphorus: 339.29mg (33.93%), Vitamin B12: 1.3µg (21.66%), Vitamin K: 22.37µg (21.31%), Vitamin D: 3.18µg (21.17%), Vitamin E: 1.91mg (12.72%), Vitamin B3: 1.98mg (9.92%), Manganese: 0.15mg (7.56%), Vitamin B1: 0.1mg (6.95%), Potassium: 241.32mg (6.89%), Vitamin B6: 0.13mg (6.68%), Magnesium: 26.1mg (6.52%), Iron: 1mg (5.53%), Calcium: 51.36mg (5.14%), Folate: 19.85µg (4.96%), Vitamin B2: 0.08mg (4.56%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.32mg (3.21%), Copper: 0.06mg (2.84%), Vitamin A: 134.26IU (2.69%), Fiber: 0.55g (2.19%), Vitamin C: 1.66mg (2.01%)