



Easy Breaded Fish Fillets

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup croutons crushed
- 2 teaspoons parsley dried
- 1 eggs
- 1 lb fish fillet ()
- 1 tablespoon juice of lemon
- 0.3 teaspoon paprika
- 0.3 cup parmesan cheese grated
- 1 tablespoon water

Equipment

- frying pan
- oven
- baking pan
- pie form

Directions

- Heat oven to 350F. Spray shallow baking pan with nonstick cooking spray. In shallow dish or pie pan, combine croutons, cheese, parsley flakes and paprika; mix well. In another shallow dish, combine egg, lemon juice and water; beat well.
- Cut fish fillets into serving-sized pieces. Dip in egg mixture, tucking thin ends of fish under to form pieces of uniform thickness. Dip fish in crouton mixture, patting gently to coat; place in sprayed pan. Spray fish with cooking spray for about 5 seconds.
- Bake at 350F. for 10 to 15 minutes or until fish flakes easily with fork.

Nutrition Facts

PROTEIN 63.53% **FAT 26.97%** **CARBS 9.5%**

Properties

Glycemic Index:21.75, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:12.539130350818%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 167.49kcal (8.37%), Fat: 5g (7.69%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.16g (0.17%), Cholesterol: 103.06mg (34.35%), Sodium: 210.67mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Selenium: 54.39µg (77.7%), Vitamin B12: 1.97µg (32.9%), Phosphorus: 259.4mg (25.94%), Vitamin D: 3.77µg (25.11%), Vitamin B3: 4.66mg (23.32%), Potassium: 381.85mg (10.91%), Vitamin B6: 0.21mg (10.66%), Folate: 38.61µg (9.65%), Vitamin B2: 0.16mg (9.22%), Magnesium:

35.97mg (8.99%), Calcium: 76.79mg (7.68%), Vitamin B5: 0.77mg (7.66%), Iron: 1.05mg (5.83%), Zinc: 0.83mg (5.54%), Copper: 0.1mg (5.2%), Vitamin B1: 0.08mg (5.16%), Vitamin E: 0.65mg (4.32%), Manganese: 0.08mg (3.82%), Vitamin A: 176.22IU (3.52%), Vitamin K: 2.51µg (2.39%), Vitamin C: 1.51mg (1.84%), Fiber: 0.26g (1.04%)