



Fancy Fish Sticks

READY IN



40 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup lager lager-style
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon cajun spice
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup corn kernels unsalted toasted
- ☐ 1 tablespoon dijon mustard (such as Zatarain's)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound fish fillet white lean cut into 4 x 1-inch pieces (12 pieces) (such as cod or pollack)
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons juice of lime fresh
- ☐ 4 lime wedges
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1.5 tablespoons mustard (such as Dijonnaise)
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup cream fat-free sour

Equipment

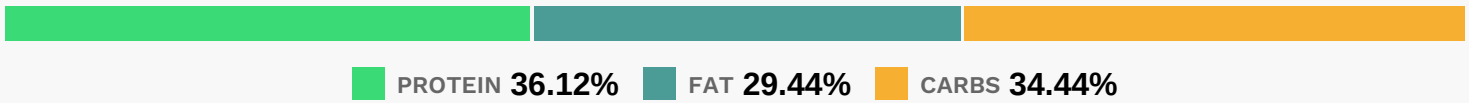
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring with a whisk. Cover and chill.
- ☐ Preheat oven to 42
- ☐ Coat a baking sheet with cooking spray, and spread evenly with oil; heat in oven 12 minutes.
- ☐ Combine flour and black pepper in a shallow dish.
- ☐ Combine 1/2 cup beer, mustard blend, lime juice, egg whites, and egg in a shallow dish; stir with a whisk until foamy.
- ☐ Place panko, pumpkinseeds, cumin, and chipotle pepper in a food processor; pulse 20 times or until coarse crumbs form.

- ☐ Place panko mixture in a shallow dish.
- ☐ Sprinkle fish evenly with salt. Working with one piece at a time, dredge fish in flour mixture. Dip in egg mixture, and dredge in panko mixture until completely covered.
- ☐ Remove preheated baking sheet from oven; place fish on pan, and return to oven.
- ☐ Bake at 425 for 15 minutes or until fish flakes easily with fork, turning once.
- ☐ Serve immediately with sauce and lime wedges.
- ☐ Sustainable Choice: If Pacific halibut is not available, you can use Alaskan pollack and U.S. Pacific cod as alternatives.

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:9.55, Inflammation Score:-6, Nutrition Score:19.223043462505%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 344.71kcal (17.24%), Fat: 11.14g (17.14%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.01g (9.82%), Sugar: 2.59g (2.87%), Cholesterol: 106.73mg (35.58%), Sodium: 596.95mg (25.95%), Alcohol: 1.15g (100%), Alcohol %: 0.52% (100%), Protein: 30.76g (61.52%), Selenium: 67.1µg (95.86%), Vitamin B12: 2µg (33.36%), Vitamin B3: 6.51mg (32.57%), Phosphorus: 298.02mg (29.8%), Vitamin D: 3.77µg (25.1%), Vitamin B2: 0.38mg (22.21%), Folate: 85µg (21.25%), Vitamin B1: 0.31mg (20.95%), Manganese: 0.35mg (17.38%), Iron: 2.84mg (15.79%), Potassium: 532.76mg (15.22%), Magnesium: 55.88mg (13.97%), Vitamin B6: 0.28mg (13.81%), Vitamin K: 13.33µg (12.69%), Vitamin E: 1.81mg (12.04%), Vitamin B5: 1.05mg (10.53%), Copper: 0.19mg (9.38%), Fiber: 2.34g (9.34%), Vitamin C: 7.41mg (8.98%), Calcium: 79.95mg (8%), Zinc: 1.06mg (7.04%), Vitamin A: 343.18IU (6.86%)