



Favorite Fish Sandwiches

READY IN



25 min.

SERVINGS



25

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz breaded fish patties frozen (4 fish patties)
- 4 hamburger buns split
- 4 singles kraft
- 4 lettuce leaves
- 0.3 cup miracle whip dressing
- 4 slices tomatoes

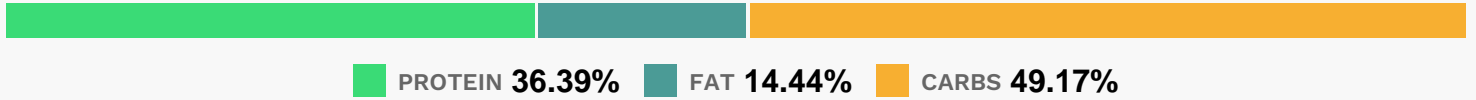
Equipment

- oven

Directions

- Bake fish as directed on pkg., topping each with 1 Singles for the last min. of the baking time.
- Spread cut sides of buns with dressing.
- Place lettuce leaf and tomato slice on bottom half of each bun; cover with fish patty and top of bun.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:2.332608676475%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 33.81kcal (1.69%), Fat: 0.54g (0.83%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.93g (1.03%), Cholesterol: 5.93mg (1.98%), Sodium: 63.35mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Selenium: 6.63µg (9.48%), Vitamin A: 325.59IU (6.51%), Vitamin B3: 0.77mg (3.86%), Vitamin B12: 0.19µg (3.22%), Vitamin B1: 0.05mg (3.16%), Phosphorus: 29.98mg (3%), Manganese: 0.06mg (2.93%), Folate: 11.3µg (2.82%), Vitamin D: 0.35µg (2.34%), Iron: 0.35mg (1.94%), Vitamin B2: 0.03mg (1.92%), Potassium: 61.95mg (1.77%), Vitamin C: 1.37mg (1.66%), Vitamin B6: 0.03mg (1.5%), Calcium: 14.15mg (1.41%), Magnesium: 5.62mg (1.4%), Fiber: 0.26g (1.05%)