



Fish Burger

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1.5 pounds cod white
- ☐ 0.8 cup cornflakes cereal crushed
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.1 teaspoon ground pepper red

- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon mustard prepared
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 Leaf lettuce leaves red
- ☐ 0.8 teaspoon salt
- ☐ 6 sandwich buns split
- ☐ 6 servings jalapeño tartar sauce
- ☐ 6 servings vegetable oil

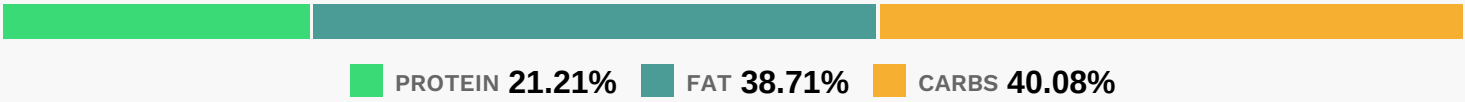
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place fish in lightly greased 13- x 9-inch baking dish; cover with aluminum foil.
- ☐ Bake at 400 for 20 minutes or until fish flakes with a fork.
- ☐ Drain; cool and flake.
- ☐ Combine egg through red pepper in a large bowl. Stir in flaked fish. Shape into 6 patties; coat with crushed cereal.
- ☐ Place on paper towels; refrigerate 1 hour.
- ☐ Pour oil to a depth of 1/2 inch in a large heavy skillet. Fry patties in hot oil over medium heat about 2 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve in buns with lettuce, tomato, onion, and Jalapeno Tartar Sauce.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:28.276521351026%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 554.82kcal (27.74%), Fat: 23.82g (36.64%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 52.99g (19.27%), Sugar: 3.97g (4.41%), Cholesterol: 81.79mg (27.26%), Sodium: 1072.25mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.71%), Selenium: 66.16µg (94.52%), Iron: 11.09mg (61.6%), Vitamin B1: 0.77mg (51.05%), Vitamin B3: 10.09mg (50.43%), Vitamin B2: 0.76mg (44.58%), Vitamin B12: 2.59µg (43.21%), Folate: 172.49µg (43.12%), Vitamin B6: 0.85mg (42.32%), Phosphorus: 340.07mg (34.01%), Vitamin K: 34.96µg (33.3%), Manganese: 0.37mg (18.54%), Potassium: 602.2mg (17.21%), Vitamin E: 2.51mg (16.72%), Magnesium: 66.59mg (16.65%), Vitamin D: 2.26µg (15.07%), Vitamin A: 740.51IU (14.81%), Zinc: 1.49mg (9.92%), Fiber: 2.48g (9.9%), Copper: 0.2mg (9.8%), Vitamin C: 7.48mg (9.06%), Calcium: 82.91mg (8.29%), Vitamin B5: 0.62mg (6.25%)