



Fish Fillets with Herbed Tartar Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 0.5 cup breadcrumbs italian
- ☐ 3 tablespoons olive oil
- ☐ 1 lb fish fillet cut into 4 serving pieces (1/)
- ☐ 0.3 cup tartar sauce
- ☐ 0.3 cup tomatoes chopped
- ☐ 0.5 teaspoon basil dried

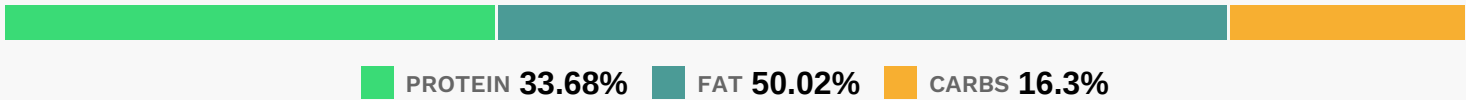
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In shallow dish or pie plate, beat egg with wire whisk. In another shallow dish or pie plate, place bread crumbs.
- ☐ In 12-inch skillet, heat oil over medium heat. Dip fish into egg, then coat with bread crumbs; place in skillet. Cook 8 to 10 minutes, turning once, until browned on both sides and fish flakes easily with fork.
- ☐ In small bowl, mix tartar sauce, tomato and basil; serve with fish.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:15.085217403329%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 312.09kcal (15.6%), Fat: 17.33g (26.66%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 11.84g (4.31%), Sugar: 1.92g (2.13%), Cholesterol: 98.93mg (32.98%), Sodium: 298.68mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.51%), Selenium: 54.35µg (77.64%), Vitamin B12: 1.94µg (32.34%), Vitamin B3: 5.41mg (27.04%), Vitamin D: 3.74µg (24.9%), Phosphorus: 242.58mg (24.26%), Vitamin K: 21.12µg (20.11%), Vitamin E: 2.47mg (16.46%), Vitamin B1: 0.19mg (12.53%), Folate: 49.55µg (12.39%), Potassium: 422.26mg (12.06%), Vitamin B6: 0.24mg (11.8%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.21mg (10.6%), Magnesium: 40.78mg (10.19%), Iron: 1.72mg (9.57%), Vitamin B5: 0.82mg (8.18%), Copper: 0.14mg (6.99%), Calcium: 50.89mg (5.09%), Zinc: 0.76mg (5.06%), Fiber: 0.86g (3.44%), Vitamin A: 168.7IU (3.37%), Vitamin C: 1.71mg (2.07%)