



Fish finger torpedoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



94 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g pack fish fingers with hoki rather than cod)
- ☐ 4 tbsp mayonnaise generous
- ☐ 5 lettuce leaves such as cos halved
- ☐ 1 dill cucumber thinly sliced
- ☐ 1 large ordinary red thinly sliced

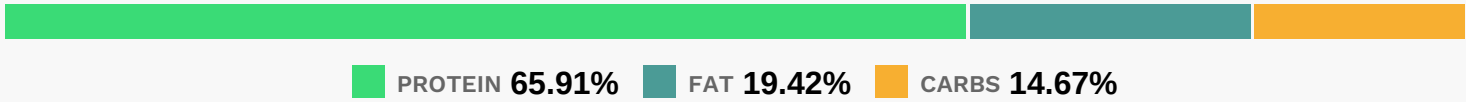
Equipment

- ☐ grill

Directions

- ☐ Turn on the grill, arrange the fish fingers on the grill rack and cook them for 15 minutes, turning them at least once until the batter coating is crispy.
- ☐ Slice the baguette in half down its length and ease the cut open to reveal the soft bread inside.
- ☐ Spread the bread generously with the mayonnaise then fill with the lettuce, shallot or onion and dill cucumber or gherkin.
- ☐ When the fish fingers are ready, pack them into the baguette and cut across into four portions.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:10.503478444141%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 94.41kcal (4.72%), Fat: 2.05g (3.16%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.47g (1.64%), Cholesterol: 37.92mg (12.64%), Sodium: 55mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.36%), Selenium: 31.69µg (45.27%), Vitamin A: 2241.69IU (44.83%), Vitamin B12: 1.19µg (19.77%), Vitamin D: 2.33µg (15.51%), Vitamin B3: 3.08mg (15.42%), Phosphorus: 144.55mg (14.45%), Potassium: 326.89mg (9.34%), Vitamin C: 7.65mg (9.27%), Vitamin B6: 0.19mg (9.25%), Folate: 35.05µg (8.76%), Manganese: 0.16mg (7.82%), Magnesium: 27.05mg (6.76%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.07mg (4.91%), Iron: 0.77mg (4.26%), Vitamin B5: 0.4mg (4.02%), Copper: 0.07mg (3.38%), Fiber: 0.77g (3.09%), Vitamin E: 0.43mg (2.86%), Vitamin K: 2.79µg (2.66%), Calcium: 25.23mg (2.52%), Zinc: 0.36mg (2.39%)