



## Fish Sandwiches With Jalapeno Slaw

READY IN



35 min.

SERVINGS



4

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup cornmeal stone-ground
- ☐ 3 cups iceberg lettuce thinly sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 1 cup milk
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 tablespoons jalapeño peppers chopped
- ☐ 2 scallions thinly sliced
- ☐ 4 hoagie rolls split soft toasted

- ☐ 20 ounce tilapia fillets
- ☐ 2 tablespoons whole-grain mustard

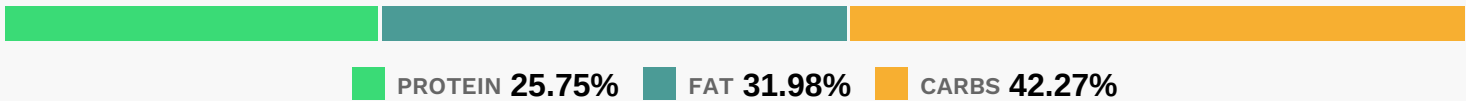
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer

## Directions

- ☐ Put the milk in a medium bowl and season with salt and pepper.
- ☐ Add the fish and set aside to soak until ready to fry.
- ☐ Put the cornmeal in a baking dish and add 1/2 teaspoon each salt and pepper.
- ☐ Combine the scallions, mayonnaise, mustard, jalapenos and 1/2 tablespoon pickling juice in a bowl.
- ☐ Heat about 2 inches vegetable oil in a large pot over medium heat until a deep-fry thermometer registers 350 degrees F.
- ☐ Remove 2 fillets from the milk, shaking off the excess, and dredge in cornmeal to coat. Carefully lower into the oil and fry until golden and just cooked through, 4 to 5 minutes.
- ☐ Transfer to a paper towel-lined plate and season with salt. Repeat with the remaining fillets.
- ☐ Toss the lettuce with the jalapeno dressing and season with salt, pepper and more pickling juice, if desired. Divide the fish and slaw among the rolls.

## Nutrition Facts



## Properties

Glycemic Index:81.38, Glycemic Load:41.79, Inflammation Score:-7, Nutrition Score:26.65652174535%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 633.91kcal (31.7%), Fat: 22.56g (34.71%), Saturated Fat: 4.53g (28.28%), Carbohydrates: 67.1g (22.37%), Net Carbohydrates: 61.04g (22.2%), Sugar: 9.38g (10.42%), Cholesterol: 84.07mg (28.02%), Sodium: 846.1mg (36.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.87g (81.74%), Selenium: 65.78µg (93.97%), Iron: 13.19mg (73.26%), Vitamin K: 51.28µg (48.84%), Vitamin B12: 2.59µg (43.1%), Phosphorus: 416.98mg (41.7%), Vitamin D: 5.09µg (33.95%), Vitamin B3: 6.74mg (33.69%), Vitamin B6: 0.54mg (27.18%), Magnesium: 97.6mg (24.4%), Fiber: 6.06g (24.23%), Potassium: 764.01mg (21.83%), Manganese: 0.43mg (21.26%), Folate: 68.96µg (17.24%), Vitamin B1: 0.25mg (16.98%), Zinc: 2.14mg (14.28%), Vitamin B2: 0.24mg (14.02%), Vitamin B5: 1.28mg (12.75%), Vitamin E: 1.83mg (12.23%), Calcium: 119.13mg (11.91%), Copper: 0.24mg (11.86%), Vitamin A: 529.15IU (10.58%), Vitamin C: 3.17mg (3.84%)