



## Fish Shack Sandwiches

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons dijon mustard
- 1 tablespoon optional: dill fresh chopped
- 1.5 pounds haddock skinless cut into 4 (6-inch) fillets ( 3/)
- 1 teaspoon kosher salt
- 2 tablespoons mayonnaise light
- 2 tablespoons olive oil
- 0.5 teaspoon pepper
- 1 cup romaine lettuce shredded

- 8 ounce kaiser rolls warmed
- 4 servings vegetable oil

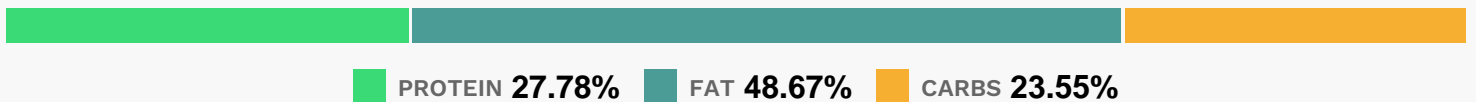
## Equipment

- paper towels
- grill
- spatula

## Directions

- Combine mustard, mayonnaise, and dill; set aside.
- Prepare grill. To prevent the fish from sticking, rub a paper towel moistened with vegetable oil over the grill rack.
- Blot the fillets on both sides with paper towels. Season with kosher salt and pepper, and brush with olive oil. Arrange fillets on the grill rack, about 6 inches from the heat source; grill 4 minutes over medium-high heat. With a metal spatula, turn the fish; grill 4 more minutes or until it flakes easily when tested with a fork.
- Spread the insides of the rolls with the dill mixture.
- Place a fillet inside each one; sprinkle the shredded lettuce on top, and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:18.4, Inflammation Score:-7, Nutrition Score:19.027391516644%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 476.05kcal (23.8%), Fat: 25.5g (39.23%), Saturated Fat: 3.53g (22.09%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 26.12g (9.5%), Sugar: 4.01g (4.45%), Cholesterol: 92.97mg (30.99%), Sodium: 1360.11mg (59.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.49%), Selenium: 48.12µg (68.75%), Vitamin B12: 3.11µg (51.88%), Iron: 9.17mg (50.97%), Vitamin K: 46.51µg (44.3%), Phosphorus: 403.31mg (40.33%), Vitamin B3: 5.83mg (29.13%), Vitamin B6: 0.5mg (24.77%), Vitamin A: 1142.35IU (22.85%), Vitamin E: 3.13mg (20.86%), Potassium: 538.8mg (15.39%), Magnesium: 43.4mg (10.85%), Folate: 37.65µg (9.41%), Vitamin B5: 0.74mg (7.44%), Vitamin B2: 0.11mg (6.65%), Fiber: 1.65g (6.59%), Manganese: 0.12mg (5.95%), Vitamin D: 0.85µg (5.67%), Zinc: 0.65mg (4.36%), Vitamin B1: 0.06mg (4.31%), Calcium: 36.94mg (3.69%), Copper: 0.05mg (2.75%)