



Fish Sticks with Marinara Sauce

READY IN



44 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups buttermilk
- 1 teaspoon kosher salt
- 2 cups tomatoes
- 6 servings olive oil for drizzling
- 1.3 cups parmesan finely grated
- 0.8 cup seasoned bread crumbs italian-style
- 1 pound whitefish cut into strips, each 3-inches long and 1/

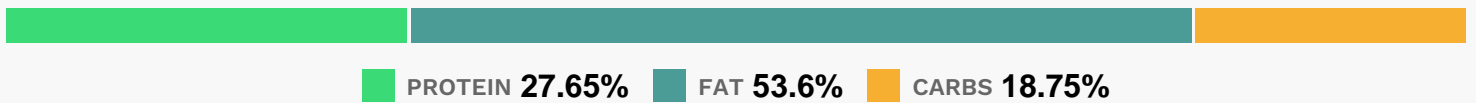
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Watch how to make this recipe.
- Put an oven rack in the center of the oven. Preheat the oven to 500 degrees F. Spray a heavy baking sheet liberally with vegetable oil cooking spray. Set aside.
- Put the buttermilk into a large bowl.
- Add the fish strips, stir to coat, and let stand for 15 minutes.
- In a medium bowl, stir together the Parmesan, bread crumbs and salt.
- Remove the fish from the buttermilk, allowing the excess to drip back into the bowl, and dredge in the bread crumb mixture to coat completely, pressing to adhere. Arrange the coated fish in a single layer on the prepared baking sheet. Lightly drizzle with olive oil and bake until golden and crispy, about 14 minutes. Cool slightly and arrange on a serving platter.
- In a small saucepan, heat the marinara sauce over medium-heat until warm.
- Transfer to a small serving bowl.
- Serve the marinara alongside the fish sticks as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:19.272174005923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 404.65kcal (20.23%), Fat: 24.38g (37.51%), Saturated Fat: 7.56g (47.22%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 17.22g (6.26%), Sugar: 7.84g (8.71%), Cholesterol: 60.92mg (20.31%), Sodium: 1432.42mg

(62.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.59%), Selenium: 43.44µg (62.06%), Phosphorus: 389.7mg (38.97%), Calcium: 385.34mg (38.53%), Vitamin B12: 1.87µg (31.08%), Vitamin E: 3.64mg (24.23%), Vitamin B3: 4.81mg (24.06%), Vitamin D: 3.49µg (23.25%), Vitamin B2: 0.37mg (21.75%), Vitamin K: 19.27µg (18.35%), Potassium: 632.89mg (18.08%), Vitamin B1: 0.24mg (16.03%), Magnesium: 56.74mg (14.18%), Vitamin B6: 0.28mg (13.8%), Manganese: 0.27mg (13.57%), Vitamin A: 677.28IU (13.55%), Iron: 2.22mg (12.34%), Folate: 48.8µg (12.2%), Vitamin B5: 1.11mg (11.12%), Copper: 0.21mg (10.71%), Zinc: 1.52mg (10.14%), Fiber: 1.96g (7.84%), Vitamin C: 6.12mg (7.42%)