



 17%
HEALTH SCORE

Grilled Fish Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 T butter melted
- 1.5 lb filets white cut into 4 serving-sized pieces
- 1.5 T parsley fresh minced
- 1 garlic clove finely minced
- 4 hawaiian rolls
- 2 T juice of lemon fresh
- 0.5 c mayonnaise
- 4 servings toppings: such as pickles
- 0.5 teaspoon salt

- 4 servings salt and pepper (or seasoning, I used seasoned salt & pepper)
- 0.5 t paprika smoked
- 4 servings vegetable oil
- 0.8 t mustard yellow

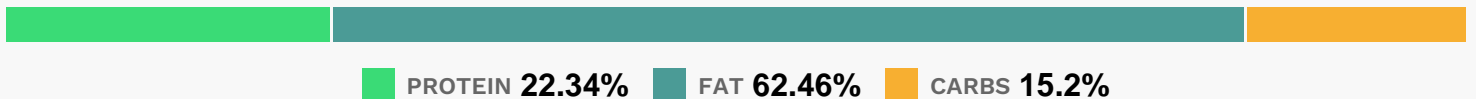
Equipment

- bowl
- frying pan
- paper towels
- grill pan

Directions

- In a small bowl, combine all of the ingredients for the aioli, season to taste with salt. Preheat a grill pan (a nonstick skillet can be used as well) over med-high heat until very hot.
- Brush the cut-sides of the buns with melted butter.
- Drizzle a little bit of oil into the pan and using a wad of paper towel, carefully wipe out the excess (you are just reinforcing your nonstick surface). Toast the buttered sides of the buns, then set aside while cooking the fish. Pat the fish dry and season with salt & pepper (or seasoning of your choice).
- Drizzle a little bit of oil over the fish and rub it over the entire surface of the fish to evenly coat with oil.
- Add the fish to the hot pan and cook, turning once, until the fish is cooked through (cooking time will vary based on the thickness of your fish, somewhere between 2-4 minutes per side). Serve the fish on the toasted buns, slathered with the aioli and toppings of choice.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:13.05, Inflammation Score:-7, Nutrition Score:23.811304347826%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg, Apigenin: 3.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 10.36%, Saltiness: 5.42%, Sourness: 16.28%, Bitterness: 11.56%, Savoriness: 1.13%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 636.87kcal (31.84%), Fat: 43.9g (67.54%), Saturated Fat: 9.71g (60.69%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 22.4g (8.15%), Sugar: 4.37g (4.86%), Cholesterol: 100.17mg (33.39%), Sodium: 1548.88mg (67.34%), Protein: 35.33g (70.66%), Vitamin K: 108.63µg (103.46%), Selenium: 69.16µg (98.81%), Phosphorus: 411.08mg (41.11%), Vitamin B12: 1.68µg (27.99%), Vitamin B3: 5.44mg (27.21%), Vitamin B1: 0.4mg (26.91%), Potassium: 860.9mg (24.6%), Vitamin B6: 0.49mg (24.42%), Vitamin E: 3.61mg (24.06%), Magnesium: 71.55mg (17.89%), Vitamin B2: 0.29mg (17.06%), Manganese: 0.32mg (16.03%), Folate: 63.02µg (15.75%), Iron: 2.51mg (13.96%), Calcium: 133.42mg (13.34%), Vitamin A: 627.41IU (12.55%), Vitamin D: 1.59µg (10.58%), Vitamin C: 8.66mg (10.5%), Zinc: 1.25mg (8.3%), Fiber: 1.64g (6.55%), Copper: 0.13mg (6.26%), Vitamin B5: 0.38mg (3.78%)