



Herbed Fish

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb fish fillet
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup baking mix bisquick heart smart®
- ☐ 0.3 cup breadcrumbs
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs

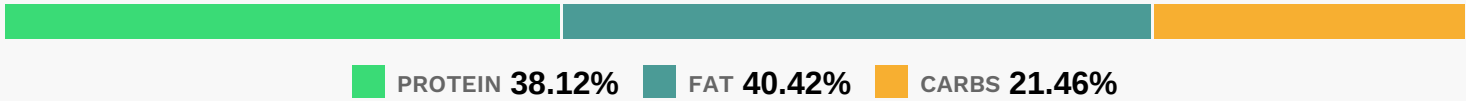
Equipment

☐ frying pan

Directions

- ☐ Cut fish into 4 serving pieces. In 10-inch skillet, heat oil over medium heat.
- ☐ In small shallow dish, mix Bisquick mix, bread crumbs, basil and salt. In another shallow dish, beat egg. Dip fish into egg, then coat with Bisquick mixture.
- ☐ Reduce heat to medium-low. Cook fish in oil 8 to 10 minutes, turning once, until fish flakes easily with fork and is brown on both sides.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.207826207351%

Nutrients (% of daily need)

Calories: 277.9kcal (13.89%), Fat: 12.48g (19.2%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.91g (5.06%), Sugar: 2.22g (2.47%), Cholesterol: 97.92mg (32.64%), Sodium: 461.5mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.97%), Selenium: 53.63µg (76.62%), Vitamin B12: 1.97µg (32.86%), Phosphorus: 316.18mg (31.62%), Vitamin K: 32.69µg (31.13%), Vitamin B3: 5.61mg (28.06%), Vitamin D: 3.74µg (24.9%), Folate: 61.46µg (15.36%), Iron: 2.47mg (13.72%), Vitamin B1: 0.2mg (13.55%), Vitamin B2: 0.23mg (13.32%), Manganese: 0.26mg (12.82%), Potassium: 421.65mg (12.05%), Vitamin B6: 0.24mg (11.77%), Magnesium: 45.7mg (11.43%), Vitamin B5: 0.9mg (8.99%), Vitamin E: 1.26mg (8.38%), Calcium: 79.19mg (7.92%), Copper: 0.15mg (7.72%), Zinc: 0.78mg (5.17%), Fiber: 1g (3.98%), Vitamin A: 67.44IU (1.35%)