



Herbed Fish (Cooking for 2)

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

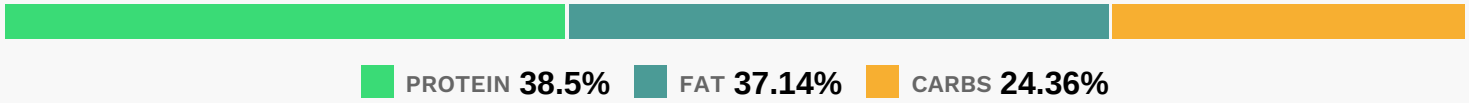
Equipment

☐ frying pan

Directions

- ☐ Cut fish into 2 serving pieces. In 8-inch skillet, heat oil over medium heat.
- ☐ In small shallow dish, stir together Bisquick® mix, bread crumbs, basil and salt. In another shallow dish, beat egg white. Dip fish into egg white, 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:15.782608578548%

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 11.62g (17.88%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.11g (5.86%), Sugar: 2.49g (2.76%), Cholesterol: 57mg (19%), Sodium: 494.38mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.23%), Selenium: 54.07µg (77.24%), Vitamin B12: 1.9µg (31.64%), Phosphorus: 301.33mg (30.13%), Vitamin B3: 5.82mg (29.12%), Vitamin K: 28.59µg (27.23%), Vitamin D: 3.52µg (23.44%), Vitamin B1: 0.23mg (15.38%), Folate: 59.59µg (14.9%), Vitamin B2: 0.25mg (14.83%), Manganese: 0.26mg (13.02%), Iron: 2.22mg (12.34%), Potassium: 430.72mg (12.31%), Magnesium: 45.65mg (11.41%), Vitamin B6: 0.22mg (10.9%), Vitamin B5: 0.77mg (7.75%), Copper: 0.15mg (7.65%), Vitamin E: 1.12mg (7.45%), Calcium: 74.43mg (7.44%), Zinc: 0.67mg (4.45%), Fiber: 1.05g (4.19%)