

Lemon Pepper Baked Orange Roughy

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.7 cup baking mix
- 0.3 cup cornmeal yellow
- 0.5 teaspoon lemon pepper
- 0.5 teaspoon salt
- 1 eggs
- 2 tablespoons water
- 1 pound orange roughy fillets

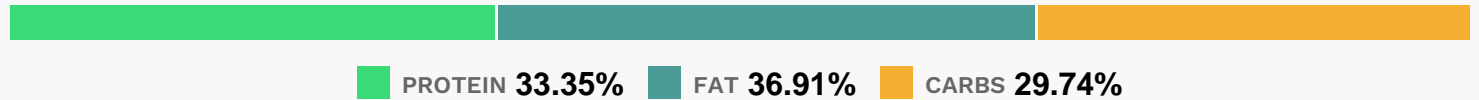
Equipment

- frying pan
- oven
- spatula

Directions

- Heat oven to 425°F. Melt butter in rectangular pan, 13x9x2 inches, in oven.
- Stir Bisquick mix, cornmeal, lemon pepper seasoning salt and salt.
- Mix egg and water. Dip fish into egg mixture, then coat with Bisquick mixture.
- Place in pan.
- Bake uncovered 10 minutes. Turn fish with spatula; bake 15 minutes longer or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:12.791304353787%

Nutrients (% of daily need)

Calories: 276.63kcal (13.83%), Fat: 11.15g (17.15%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 18.79g (6.83%), Sugar: 2.53g (2.81%), Cholesterol: 109.36mg (36.45%), Sodium: 709.98mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.32%), Selenium: 81.12µg (115.89%), Phosphorus: 284.48mg (28.45%), Folate: 63.14µg (15.79%), Vitamin B3: 2.9mg (14.51%), Vitamin B1: 0.19mg (12.36%), Iron: 2.22mg (12.31%), Vitamin B2: 0.2mg (11.82%), Vitamin E: 1.76mg (11.72%), Manganese: 0.22mg (11.21%), Vitamin B12: 0.61µg (10.23%), Magnesium: 36.95mg (9.24%), Potassium: 275.48mg (7.87%), Vitamin A: 391.34IU (7.83%), Vitamin B6: 0.15mg (7.64%), Copper: 0.15mg (7.63%), Fiber: 1.42g (5.67%), Calcium: 56.37mg (5.64%), Zinc: 0.84mg (5.57%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 2.56µg (2.43%), Vitamin D: 0.22µg (1.47%)