



## Lemon-Pepper Baked Orange Roughy (Cooking for 2)

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 0.3 cup baking mix bisquick heart smart®
- 2 tablespoons cornmeal yellow
- 0.3 teaspoon lemon pepper
- 0.3 teaspoon salt
- 1 egg whites
- 1 tablespoon water

0.5 lb orange roughy fillets

## Equipment

frying pan

oven

spatula

## Directions

Heat oven to 425°F. In 9-inch square pan, melt margarine in oven.

In shallow dish, stir together Bisquick® mix, cornmeal, lemon-pepper seasoning salt and salt. In another shallow dish, mix egg white and water. Dip fish into egg mixture, then coat with Bisquick mixture.

Place in pan.

Bake uncovered 10 minutes. Turn fish with spatula; bake about 15 minutes longer or until fish flakes easily with fork.

## Nutrition Facts



## Properties

Glycemic Index:50.25, Glycemic Load:4.38, Inflammation Score:-5, Nutrition Score:12.278260836135%

## Nutrients (% of daily need)

Calories: 268.94kcal (13.45%), Fat: 10.13g (15.59%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 18.86g (6.86%), Sugar: 2.59g (2.88%), Cholesterol: 68.44mg (22.81%), Sodium: 719.27mg (31.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.84%), Selenium: 80.75µg (115.36%), Phosphorus: 265.09mg (26.51%), Folate: 58.6µg (14.65%), Vitamin B3: 2.91mg (14.55%), Vitamin B2: 0.22mg (12.74%), Vitamin B1: 0.18mg (12.11%), Iron: 2.04mg (11.32%), Manganese: 0.22mg (11.15%), Vitamin E: 1.64mg (10.96%), Magnesium: 37.35mg (9.34%), Vitamin B12: 0.53µg (8.82%), Potassium: 284.95mg (8.14%), Copper: 0.15mg (7.41%), Vitamin B6: 0.14mg (6.76%), Vitamin A: 331.94IU (6.64%), Fiber: 1.42g (5.69%), Calcium: 51.27mg (5.13%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.33mg (3.32%), Vitamin K: 2.52µg (2.4%)