



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 egg whites
- 0.3 teaspoon lemon pepper
- 1 tablespoon butter
- 0.5 lb orange roughy fillets
- 0.3 teaspoon salt
- 1 tablespoon water
- 2 tablespoons cornmeal yellow

0.3 cup baking mix bisquick heart smart®

Equipment

frying pan

oven

spatula

Directions

Heat oven to 425F. 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%)