



Lemon-Pepper Fish Fillet Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose gold medal®
- ☐ 0.5 teaspoon lemon pepper
- ☐ 1 cup lettuce shredded
- ☐ 4 sandwich rolls toasted
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 cup tartar sauce
- ☐ 12 oz tilapia
- ☐ 1 tablespoon vegetable oil

☐ 2 tablespoons cornmeal yellow

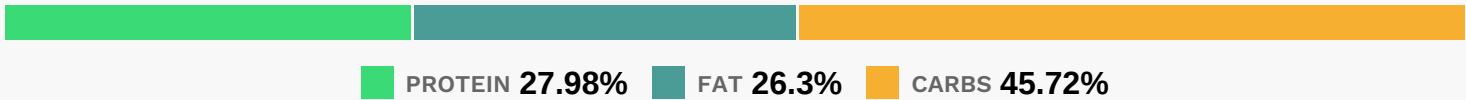
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In shallow bowl, mix cornmeal, flour, seasoned salt and lemon-pepper seasoning.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat. Coat fish fillets with flour mixture. Cook in oil 4 to 6 minutes, turning once, until fish flakes easily with fork.
- ☐ Spread tartar sauce on cut sides of toasted buns.
- ☐ Layer lettuce and fish fillets in buns.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:4.38, Inflammation Score:-5, Nutrition Score:16.495652146961%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 344.25kcal (17.21%), Fat: 10g (15.38%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 36.87g (13.41%), Sugar: 2.05g (2.28%), Cholesterol: 43.5mg (14.5%), Sodium: 1031.18mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Selenium: 59.57µg (85.09%), Vitamin B3: 6.12mg (30.6%), Vitamin B1: 0.36mg (24.11%), Vitamin B12: 1.35µg (22.44%), Phosphorus: 223.26mg (22.33%), Folate: 89.09µg (22.27%), Manganese: 0.42mg (21.11%), Vitamin K: 19.61µg (18.68%), Vitamin D: 2.64µg (17.58%), Vitamin B2: 0.28mg (16.31%), Iron: 2.81mg (15.6%), Magnesium: 47.07mg (11.77%), Potassium: 376.86mg (10.77%), Vitamin B6: 0.2mg (10.17%), Copper: 0.19mg (9.28%), Fiber: 2.23g (8.93%), Vitamin E: 1.15mg (7.66%), Vitamin B5: 0.72mg (7.24%), Calcium: 71.86mg (7.19%), Zinc: 1.05mg (6.97%), Vitamin A: 114.83IU (2.3%)