



Macadamia-crusted Sea Bass with Mango-Lime Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup japanese breadcrumbs (panko)
- ☐ 0.3 cup butter
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 32 ounce pacific halibut filets
- ☐ 4 servings mango-lime salsa
- ☐ 1 cup macadamia nuts
- ☐ 0.3 cup olive oil

☐ 0.8 teaspoon salt

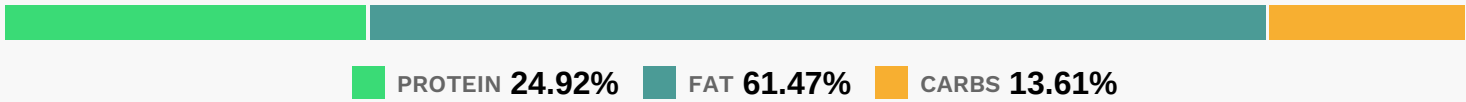
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Pulse macadamia nuts in a food processor until finely ground.
- ☐ Add breadcrumbs, and pulse 2 or 3 times or until combined.
- ☐ Place nut mixture in a shallow dish.
- ☐ Place flour in a shallow dish.
- ☐ Whisk eggs in a medium bowl.
- ☐ Sprinkle fish with salt. Dredge fish in flour; shake off excess, and dip in egg. Dredge fish in nut mixture, coating completely.
- ☐ Heat oil and butter in a large heavy skillet over medium heat until butter melts.
- ☐ Add fish; cook 6 to 8 minutes on each side or until golden. (If nuts begin to brown too quickly, reduce heat.)
- ☐ Serve with Mango-Lime Salsa.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:8.98, Inflammation Score:-7, Nutrition Score:36.443913293921%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 821.95kcal (41.1%), Fat: 56.74g (87.3%), Saturated Fat: 14.85g (92.79%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.1g (8.76%), Sugar: 2.72g (3.02%), Cholesterol: 234.63mg (78.21%), Sodium: 829.17mg (36.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.77g (103.54%), Selenium: 121.55µg (173.64%), Vitamin B3: 17.55mg (87.75%), Manganese: 1.66mg (83.1%), Vitamin D: 11.16µg (74.4%), Vitamin B6: 1.41mg (70.3%), Phosphorus: 694.01mg (69.4%), Vitamin B1: 0.79mg (52.95%), Vitamin B12: 2.79µg (46.56%), Potassium: 1201.23mg (34.32%), Vitamin E: 4.14mg (27.58%), Magnesium: 109.32mg (27.33%), Vitamin B2: 0.38mg (22.38%), Folate: 88.28µg (22.07%), Iron: 3.61mg (20.06%), Copper: 0.39mg (19.45%), Fiber: 4.17g (16.7%), Vitamin B5: 1.6mg (15.97%), Vitamin A: 645IU (12.9%), Zinc: 1.92mg (12.82%), Vitamin K: 10.27µg (9.78%), Calcium: 94.26mg (9.43%), Vitamin C: 2.44mg (2.96%)