



Mahimahi Fingers with Creamy Dill Tartar Sauce

READY IN



32 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil divided
- 2 teaspoons capers minced drained
- 1 large egg white
- 0.3 cup flour all-purpose
- 1 tablespoon optional: dill fresh chopped
- 0.5 teaspoon garlic powder
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon rind grated

- 2 tablespoons mayonnaise light
- 0.3 cup cup heavy whipping cream sour low-fat
- 1.5 pounds mahimahi fillets cut lengthwise into 1/2-inch-thick strips
- 0.5 teaspoon paprika
- 0.5 teaspoon salt
- 1 tablespoon sesame seed
- 1 tablespoon shallots finely chopped
- 3 tablespoons relish sweet
- 1 tablespoon water

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Combine first 7 ingredients in a small bowl; stir with a whisk. Cover and chill.
- Combine egg white, lemon juice, and water in a shallow bowl; stir with a whisk.
- Combine flour and next 4 ingredients in another shallow dish; stir with a whisk.
- Pat fish strips dry with paper towels; dip in egg white mixture, and dredge in flour mixture.
- Heat a large nonstick skillet over medium- high heat.
- Add 1 1/2 teaspoons oil and half of fish; cook 4 minutes on each side or until browned. Repeat procedure with remaining oil and fish.
- Serve with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:5.95, Inflammation Score:-6, Nutrition Score:18.117826275204%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 291.62kcal (14.58%), Fat: 9.5g (14.61%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.72g (5.35%), Sugar: 4.01g (4.45%), Cholesterol: 132mg (44%), Sodium: 648.23mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.49%), Selenium: 68.89µg (98.41%), Vitamin B3: 11.18mg (55.88%), Vitamin B6: 0.73mg (36.5%), Phosphorus: 288.9mg (28.89%), Potassium: 811.56mg (23.19%), Vitamin B12: 1.11µg (18.48%), Magnesium: 65.86mg (16.46%), Iron: 2.96mg (16.45%), Vitamin K: 16.28µg (15.5%), Vitamin B2: 0.25mg (14.42%), Vitamin B5: 1.37mg (13.66%), Vitamin A: 643.95IU (12.88%), Vitamin B1: 0.15mg (9.7%), Copper: 0.19mg (9.7%), Folate: 34.68µg (8.67%), Manganese: 0.17mg (8.35%), Calcium: 78.53mg (7.85%), Zinc: 1.17mg (7.8%), Vitamin E: 0.99mg (6.61%), Fiber: 0.94g (3.76%), Vitamin C: 2.72mg (3.29%)