



## Oven-Fried Fish

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 lemon wedges
- ☐ 1 cup buttermilk low-fat
- ☐ 24 ounce orange roughy fillets
- ☐ 1 teaspoon paprika

- ☐ 0.5 teaspoon salt divided
- ☐ 0 saltines fat-free crushed
- ☐ 2 tablespoons vegetable oil

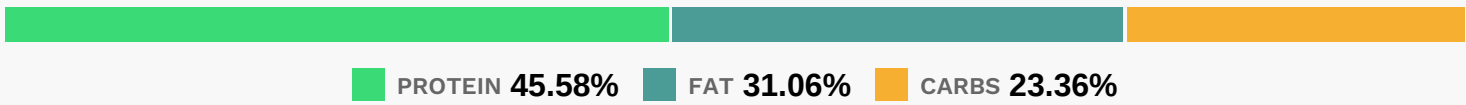
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a shallow bowl; stir well.
- ☐ Whisk together buttermilk and egg in another shallow bowl.
- ☐ Combine cracker crumbs, paprika, and 1/4 teaspoon salt on a small platter.
- ☐ Rinse fish; pat dry. Dredge fish in flour mixture; then dip in buttermilk mixture, and dredge in crumb mixture.
- ☐ Coat a jelly-roll pan evenly with oil; place in oven 3 minutes or until very hot.
- ☐ Remove pan from oven; quickly place fish on pan.
- ☐ Bake at 450 for 6 to 7 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Remove from oven, and sprinkle with 1/4 teaspoon salt.
- ☐ Serve immediately with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:46.13, Glycemic Load:8.97, Inflammation Score:-6, Nutrition Score:16.042174023131%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 296.1kcal (14.8%), Fat: 10.12g (15.57%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 15.94g (5.8%), Sugar: 3.48g (3.87%), Cholesterol: 150.96mg (50.32%), Sodium: 520.89mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.83%), Selenium: 123.96µg (177.08%), Phosphorus: 282.82mg (28.28%), Folate: 84.16µg (21.04%), Vitamin E: 2.98mg (19.87%), Vitamin B2: 0.31mg (18.51%), Vitamin B3: 3.65mg (18.26%), Iron: 2.94mg (16.34%), Vitamin B12: 0.89µg (14.83%), Vitamin B1: 0.21mg (14.07%), Vitamin K: 14.55µg (13.85%), Potassium: 451.35mg (12.9%), Vitamin C: 10.24mg (12.41%), Manganese: 0.23mg (11.53%), Magnesium: 43.34mg (10.83%), Vitamin A: 517.69IU (10.35%), Calcium: 101.14mg (10.11%), Copper: 0.18mg (8.96%), Vitamin B6: 0.17mg (8.43%), Zinc: 0.96mg (6.38%), Vitamin B5: 0.56mg (5.62%), Fiber: 1.18g (4.73%), Vitamin D: 0.25µg (1.67%)