



HEALTH SCORE

62%

## Oven-Fried Fish and Chips



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 large baking potatoes scrubbed
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon chili powder hot
- ☐ 24 oz filets ( 3/)
- ☐ 0.5 cup cornmeal
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings lemon wedges for serving

- ☐ 4 servings malt vinegar for serving
- ☐ 0.3 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Arrange oven racks in top and bottom thirds of oven and preheat oven to 450F.
- ☐ Slice potatoes crosswise into 1/4-inch thick rounds, transfer to a bowl and toss with 1 Tbsp. olive oil. Arrange on a large, foil-lined baking sheet.
- ☐ Sprinkle with thyme, 1/2 tsp. salt and 1/4 tsp. pepper.
- ☐ Bake in bottom of oven for 30 minutes.
- ☐ Meanwhile, combine fish and milk in a large bowl; turn fish to coat. Toss together cornmeal, chili powder, 1/2 tsp. salt and 1/4 tsp. pepper in a shallow bowl.
- ☐ Add 1 fish fillet and coat with cornmeal mixture.
- ☐ Transfer fillet to a large plate and repeat with remaining fillets.
- ☐ Heat a large cast-iron skillet over medium heat.
- ☐ Add 2 Tbsp. oil, swirling to coat pan.
- ☐ Add fillets and cook until nicely crusted on bottom, about 2 minutes; carefully turn and then transfer skillet to top rack in oven. Cook until golden and firm when pressed in center, about 6 minutes.
- ☐ Serve with fresh lemon and vinegar.

## Nutrition Facts



 **PROTEIN 31.64%**  **FAT 26.3%**  **CARBS 42.06%**

Properties

Glycemic Index:74.69, Glycemic Load:35.26, Inflammation Score:-6, Nutrition Score:23.38695651552%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 468.6kcal (23.43%), Fat: 13.64g (20.98%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 44.66g (16.24%), Sugar: 2.47g (2.74%), Cholesterol: 75.58mg (25.19%), Sodium: 402.72mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.91g (73.83%), Selenium: 58.68µg (83.83%), Vitamin B6: 1.19mg (59.35%), Phosphorus: 513.09mg (51.31%), Potassium: 1572.62mg (44.93%), Magnesium: 121.25mg (30.31%), Vitamin B3: 5.95mg (29.75%), Vitamin B12: 1.66µg (27.63%), Vitamin B1: 0.35mg (23.52%), Manganese: 0.47mg (23.51%), Vitamin E: 2.76mg (18.39%), Fiber: 4.39g (17.57%), Iron: 3.01mg (16.71%), Vitamin C: 12.78mg (15.49%), Copper: 0.29mg (14.52%), Zinc: 2.01mg (13.42%), Vitamin B2: 0.22mg (12.93%), Vitamin D: 1.75µg (11.7%), Folate: 44.83µg (11.21%), Vitamin K: 11.32µg (10.78%), Vitamin B5: 1.01mg (10.14%), Calcium: 80.4mg (8.04%), Vitamin A: 143.17IU (2.86%)