



## Oven-Fried Fish Sticks

READY IN



39 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon ground pepper
- 1.5 pounds grouper fillets white
- 0.3 cup nonfat buttermilk
- 0.5 teaspoon salt
- 1 ounce sandwich bread white
- 0.5 cup cornmeal yellow

### Equipment

- bowl

- baking sheet
- oven
- blender
- ziploc bags

## Directions

- Cut fillets diagonally into 1-inch-wide strips.
- Combine fish strips and buttermilk in a bowl, stirring gently to coat strips.
- Tear bread into large pieces and place in container of a blender; process until crumbly.
- Spread 1/2 cup crumbs on a baking sheet and bake at 400 for 3 to 5 minutes or until toasted.
- Combine breadcrumbs, cornmeal, and pepper in a heavy-duty, zip-top plastic bag.
- Add buttermilk-coated fish strips; seal bag, and gently turn bag to coat fish strips.
- Place fish strips on a baking sheet coated with cooking spray; sprinkle with salt.
- Bake at 425 for 25 minutes or until fish is crisp and flakes easily when tested with a fork.
- Serve with malt vinegar, if desired.

## Nutrition Facts

**PROTEIN 56.45%** **FAT 14.71%** **CARBS 28.84%**

## Properties

Glycemic Index:29.21, Glycemic Load:7.46, Inflammation Score:-3, Nutrition Score:12.140434967111%

## Nutrients (% of daily need)

Calories: 177.08kcal (8.85%), Fat: 2.89g (4.44%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 11.29g (4.11%), Sugar: 0.95g (1.06%), Cholesterol: 56.9mg (18.97%), Sodium: 284.96mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.85%), Selenium: 49.31µg (70.44%), Vitamin B12: 1.79µg (29.86%), Vitamin B3: 4.98mg (24.91%), Vitamin D: 3.52µg (23.44%), Phosphorus: 228.46mg (22.85%), Vitamin B6: 0.27mg (13.36%), Magnesium: 46.65mg (11.66%), Potassium: 395.13mg (11.29%), Manganese: 0.2mg (9.89%), Folate: 37.02µg (9.26%), Vitamin B1: 0.11mg (7.37%), Iron: 1.22mg (6.8%), Vitamin B5: 0.66mg (6.61%), Copper: 0.13mg (6.38%), Fiber: 1.44g (5.75%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.83mg (5.54%), Vitamin E: 0.52mg (3.44%), Calcium: 24.98mg (2.5%), Vitamin K: 2.17µg (2.07%)