



Oven-Fried Fish Sticks with Tartar Sauce

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers rinsed drained chopped
- 1.3 pounds filets (1/)
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 2 tablespoons kosher dill pickles chopped
- 0.5 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh

- 0.3 cup mayonnaise light
- 1.5 cups panko bread crumbs (Japanese breadcrumbs)
- 1 tablespoon onion red finely chopped
- 3 tablespoons water

Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 37
- To prepare fish sticks, place flour in a shallow dish or bowl.
- Place breadcrumbs in a second shallow dish or bowl.
- Combine 3 tablespoons water and egg in a third shallow dish or bowl, stirring with a whisk.
- Cut fish into 20 (4 x 1/2-inch) strips. Dredge fish in flour, shaking off excess. Dip fish in egg mixture, and dredge in breadcrumbs.
- Place on a baking sheet coated with cooking spray. Coat fish with cooking spray.
- Bake at 375 for 30 minutes or until crisp.
- Sprinkle fish sticks with salt.
- To prepare tartar sauce, combine all sauce ingredients in a small bowl.
- Serve tartar sauce with fish.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:17.31, Inflammation Score:-6, Nutrition Score:20.869565010071%

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 Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 384.69kcal (19.23%), Fat: 7.85g (12.08%), Saturated Fat: 1.55g (9.72%), Carbohydrates: 42.66g (14.22%), Net Carbohydrates: 40.57g (14.75%), Sugar: 2.5g (2.78%), Cholesterol: 110.44mg (36.81%), Sodium: 821.06mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.27g (66.55%), Selenium: 67.55µg (96.5%), Vitamin B1: 0.58mg (38.92%), Phosphorus: 389.16mg (38.92%), Vitamin B3: 6.31mg (31.57%), Vitamin K: 29.93µg (28.5%), Folate: 101.6µg (25.4%), Vitamin B12: 1.48µg (24.67%), Vitamin B2: 0.4mg (23.74%), Manganese: 0.46mg (22.85%), Vitamin B6: 0.42mg (20.92%), Potassium: 708.18mg (20.23%), Iron: 3.44mg (19.13%), Magnesium: 66.06mg (16.51%), Vitamin D: 1.53µg (10.17%), Vitamin E: 1.52mg (10.16%), Zinc: 1.39mg (9.27%), Copper: 0.17mg (8.46%), Calcium: 84.15mg (8.42%), Fiber: 2.08g (8.32%), Vitamin B5: 0.7mg (6.97%), Vitamin C: 4.63mg (5.61%), Vitamin A: 238.07IU (4.76%)