



Pan-Fried Halibut with Rémoulade

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon capers chopped
- ☐ 1 large egg white lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 0.3 teaspoon garlic powder
- ☐ 12 ounce pacific halibut filets skinless

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 lemon wedges
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 0.5 cup panko bread crumbs Japanese breadcrumbs
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon whole-grain dijon mustard

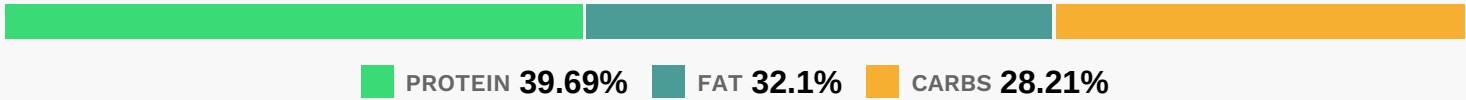
Equipment

- ☐ frying pan

Directions

- ☐ To prepare sauce, combine the first 6 ingredients.
- ☐ Place flour in a shallow dish.
- ☐ Place panko in another shallow dish.
- ☐ Place egg white in another shallow dish.
- ☐ Sprinkle fish evenly with salt and garlic powder. Working with 1 fillet at a time, dredge fish in flour, shaking off excess. Dip fish into egg white, allowing excess to drip off. Coat fish completely with panko, pressing lightly. Set aside. Repeat procedure with remaining fish, flour, egg white, and panko.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add fish to pan; reduce heat to medium, and cook 4 minutes on each side or until browned and fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:124.75, Glycemic Load:9.03, Inflammation Score:-6, Nutrition Score:25.599565132805%

Flavonoids

Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 385.02kcal (19.25%), Fat: 13.52g (20.8%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 24.87g (9.04%), Sugar: 2.14g (2.38%), Cholesterol: 85.59mg (28.53%), Sodium: 716.67mg (31.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.21%), Selenium: 91.44µg (130.63%), Vitamin B3: 13.08mg (65.42%), Vitamin D: 7.99µg (53.3%), Vitamin B6: 0.99mg (49.62%), Phosphorus: 457.27mg (45.73%), Vitamin K: 46.64µg (44.42%), Vitamin B12: 1.94µg (32.31%), Vitamin B1: 0.37mg (24.79%), Potassium: 866.18mg (24.75%), Folate: 72.15µg (18.04%), Vitamin E: 2.66mg (17.7%), Vitamin B2: 0.27mg (15.96%), Vitamin C: 12.98mg (15.73%), Manganese: 0.3mg (15.14%), Magnesium: 55.63mg (13.91%), Iron: 2.08mg (11.56%), Vitamin B5: 0.83mg (8.33%), Fiber: 1.86g (7.44%), Zinc: 1.03mg (6.84%), Copper: 0.13mg (6.31%), Vitamin A: 299.5IU (5.99%), Calcium: 55.02mg (5.5%)