



WHATSheATE



HEALTH SCORE

51%

Panko Baked Cod (Egg-Free, Nut-Free, Soy-Free)



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet cod white (I used scrod, a bargain at \$3.99/lb this week)
- ☐ 2 cloves garlic finely minced
- ☐ 1 teaspoon hungarian paprika sweet
- ☐ 1 teaspoon lemon pepper seasoning
- ☐ 1 teaspoon olive oil per fillet worked well)
- ☐ 1 cup panko bread crumbs
- ☐ 1 pinch lawry's seasoned salt

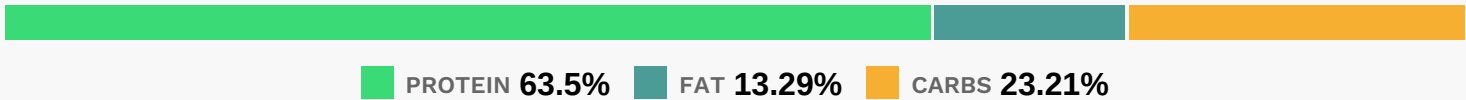
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine bread crumbs, lemon pepper, paprika, (my addition of seasoned salt) and garlic.In a medium bowl, add olive oil and coat fish fillets well.
- ☐ Transfer fillets to bread crumb picture, one at a time, and coat on both sides evenly.
- ☐ Place breaded fillets on a baking sheet and bake for 20–25 minutes or until the crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:15.15999998217%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 212.39kcal (10.62%), Fat: 3.02g (4.65%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.88g (3.95%), Sugar: 1g (1.11%), Cholesterol: 73.1mg (24.37%), Sodium: 212mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 60.32µg (86.17%), Phosphorus: 374.51mg (37.45%), Vitamin B12: 1.6µg (26.66%), Vitamin B6: 0.47mg (23.27%), Vitamin B3: 4.57mg (22.84%), Potassium: 755.57mg (21.59%), Vitamin B1: 0.28mg (18.63%), Magnesium: 62.97mg (15.74%), Manganese: 0.26mg (13.01%), Vitamin B2: 0.18mg (10.57%), Vitamin D: 1.53µg (10.2%), Vitamin E: 1.4mg (9.31%), Iron: 1.56mg (8.64%), Folate: 28.33µg (7.08%), Zinc: 1.03mg (6.85%), Vitamin A: 317.14IU (6.34%), Calcium: 60.74mg (6.07%), Copper: 0.1mg (5.03%), Fiber: 1.01g (4.03%), Vitamin B5: 0.37mg (3.71%), Vitamin K: 3.01µg (2.86%), Vitamin C: 2.17mg (2.63%)