



Panko-Crusted Cod with Tomato-Basil Relish

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 24 ounce filets
- ☐ 2 large egg whites lightly beaten
- ☐ 2 tablespoons basil fresh
- ☐ 1 cup grape tomatoes quartered
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 4 servings soup noodles
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 4 servings all natural tomato soup
- ☐ 0.5 cup onion sweet vertically sliced

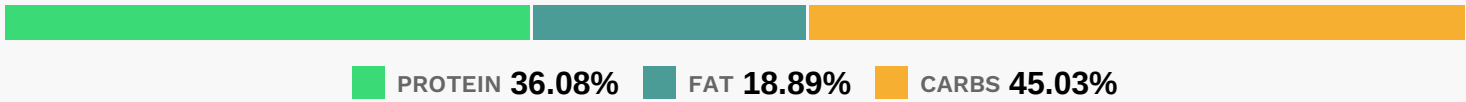
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place egg whites in a shallow dish; place panko in another shallow dish. Dip fish in egg whites; sprinkle fish evenly with 1/4 teaspoon salt, and dredge in panko.
- ☐ Heat oil in a large ovenproof skillet over medium-high heat; swirl to coat.
- ☐ Add fish to pan; cook 3 minutes or until browned and very crispy. Turn fish over; place pan in oven.
- ☐ Bake fish at 450 for 7 minutes or until desired degree of doneness.
- ☐ Combine remaining 1/4 teaspoon salt, tomatoes, and remaining ingredients in a bowl.
- ☐ Serve with fish.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:17.28, Inflammation Score:-7, Nutrition Score:21.119130424831%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg,

Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 463.6kcal (23.18%), Fat: 9.54g (14.67%), Saturated Fat: 1g (6.26%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.28g (17.56%), Sugar: 4.34g (4.82%), Cholesterol: 73.14mg (24.38%), Sodium: 475.58mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.98g (81.97%), Selenium: 97.04µg (138.63%), Phosphorus: 482.19mg (48.22%), Manganese: 0.71mg (35.69%), Potassium: 1000.74mg (28.59%), Vitamin B6: 0.57mg (28.43%), Vitamin B12: 1.59µg (26.48%), Vitamin B3: 5.25mg (26.26%), Magnesium: 96.71mg (24.18%), Vitamin B1: 0.28mg (18.51%), Vitamin E: 2.61mg (17.41%), Vitamin B2: 0.26mg (15.32%), Copper: 0.27mg (13.73%), Vitamin C: 10.98mg (13.3%), Vitamin K: 13.31µg (12.67%), Zinc: 1.78mg (11.84%), Fiber: 2.87g (11.48%), Iron: 1.97mg (10.96%), Folate: 43.08µg (10.77%), Vitamin D: 1.53µg (10.21%), Vitamin A: 437.02IU (8.74%), Calcium: 65.22mg (6.52%), Vitamin B5: 0.64mg (6.43%)