



Panko-Crusted Fish Sticks

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 teaspoon pepper black divided freshly ground
- 2 tablespoons bread finely chopped
- 2 tablespoons canola oil divided
- 2 teaspoons capers minced
- 2 large eggs lightly beaten
- 1 pound pacific halibut filets cut into 20 (1-inch) strips
- 0.4 teaspoon kosher salt divided
- 1 tablespoon milk 2% reduced-fat
- 3 tablespoons mayonnaise

- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 cup cream light sour

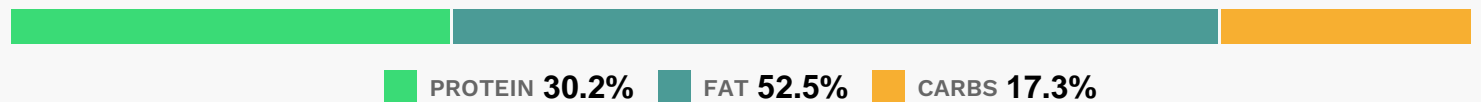
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine milk and eggs in a large bowl; stir with a whisk.
- Add fish, and toss gently to coat.
- Place panko, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large zip-top bag.
- Add fish to panko mixture; seal bag. Shake bag gently to coat fish.
- Heat a large nonstick skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add half of fish; cook 4 minutes or until done, turning occasionally to brown all sides. Repeat procedure with remaining 1 tablespoon oil and remaining fish.
- Combine sour cream, mayonnaise, pickles, capers, remaining 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper in a small bowl.
- Serve sauce with fish.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:1.94, Inflammation Score:-4, Nutrition Score:19.663913093831%

Flavonoids

Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 373.86kcal (18.69%), Fat: 21.48g (33.05%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.87g (5.41%), Sugar: 1.73g (1.93%), Cholesterol: 158.31mg (52.77%), Sodium: 583.49mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.61%), Selenium: 66.1µg (94.42%), Vitamin B3: 8.83mg (44.16%), Vitamin D: 5.88µg (39.2%), Phosphorus: 367.66mg (36.77%), Vitamin B6: 0.7mg (34.81%), Vitamin B12: 1.62µg (26.92%), Vitamin K: 24.17µg (23.01%), Potassium: 608.37mg (17.38%), Vitamin E: 2.6mg (17.36%), Vitamin B1: 0.25mg (16.72%), Vitamin B2: 0.26mg (15.02%), Manganese: 0.27mg (13.6%), Folate: 50.25µg (12.56%), Magnesium: 41.17mg (10.29%), Vitamin B5: 0.95mg (9.5%), Iron: 1.68mg (9.33%), Calcium: 85.6mg (8.56%), Zinc: 1.14mg (7.58%), Vitamin A: 271.33IU (5.43%), Copper: 0.1mg (5.21%), Fiber: 1.05g (4.2%)