



WHATSheATE



Panko Panfried Fish Strips

READY IN



20 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb tilapia cut in half lengthwise
- ☐ 0.8 cup nonfat buttermilk fat-free
- ☐ 1.5 cups panko bread crumbs crispy
- ☐ 4.5 teaspoons olive oil

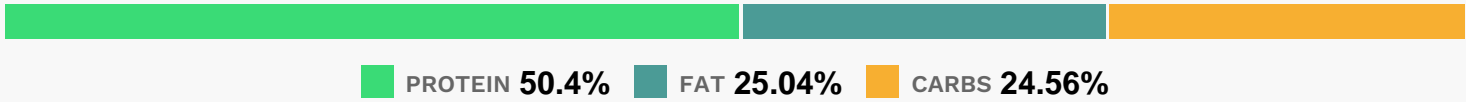
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle garlic powder, salt and pepper evenly over fish.
- ☐ Place buttermilk and bread crumbs in separate shallow bowls. Dip fish strips, one at a time, in buttermilk, then coat with bread crumbs.
- ☐ In 12-inch nonstick skillet, heat 2 1/4 teaspoons of the oil over medium-high heat.
- ☐ Add 4 fish strips. Reduce heat to medium; cook 8 minutes, turning once, until fish flakes easily with fork.
- ☐ Remove from skillet to plate; cover to keep warm. Repeat with remaining 2 1/4 teaspoons oil and 4 fish strips.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:18.508260919105%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 310.36kcal (15.52%), Fat: 8.59g (13.22%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 17.87g (6.5%), Sugar: 3.62g (4.03%), Cholesterol: 85.94mg (28.65%), Sodium: 584.99mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.9g (77.8%), Selenium: 76.87µg (109.81%), Vitamin B12: 2.77µg (46.1%), Vitamin B3: 8.14mg (40.68%), Vitamin D: 5.27µg (35.15%), Phosphorus: 328.04mg (32.8%), Vitamin B1: 0.29mg (19.27%), Folate: 65.1µg (16.27%), Potassium: 564.03mg (16.12%), Vitamin B6: 0.31mg (15.47%), Manganese: 0.29mg (14.5%), Magnesium: 56.11mg (14.03%), Vitamin B2: 0.2mg (11.68%), Iron: 2.1mg (11.67%), Vitamin B5: 0.96mg (9.57%), Copper: 0.19mg (9.44%), Vitamin E: 1.35mg (9%), Calcium: 65.03mg (6.5%), Vitamin K: 6.78µg (6.46%), Zinc: 0.9mg (6.01%), Fiber: 1.08g (4.31%)