



Parmesan Fish Sticks

READY IN



21 min.

SERVINGS



6

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 3 egg whites
- 0.5 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 6 servings olive oil for drizzling
- 1 cup parmesan grated
- 0.3 cup lowfat yogurt plain
- 0.3 cup reduced fat mayonnaise

- 18 ounce center-cut salmon fillet
- 0.5 teaspoon sea salt fine
- 1 cup seasoned bread crumbs

Equipment

- bowl
- baking sheet
- paper towels
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Rinse the salmon fillet and pat dry with paper towels.
- Cut the fish in half to make 2 fillets each about 4 by 4 1/2-inches in size. Starting on the longest edge, slice the fillets into 1/2-inch pieces.
- Lay the widest pieces, from the center, cut side down, and slice in half lengthways so all the pieces are equally about 1/2 by 1/2 by 4 1/2-inches in size.
- Place the flour in a medium bowl and season with the salt and pepper.
- Place the egg whites in another bowl and beat until frothy, about 30 seconds.
- Combine the Parmesan and bread crumbs in a third bowl.
- Coat the salmon pieces in the seasoned flour and pat to remove any excess flour. Dip the floured salmon in the egg whites and then into the Parmesan mixture, gently pressing the mixture into the fish.
- Place the breaded salmon pieces on a liberally oiled baking sheet.
- Drizzle lightly with the olive oil.
- Bake for 15 to 20 minutes until golden brown.
- Mix the mayonnaise, yogurt, Dijon mustard, and parsley (or chives, if using) in a small dipping bowl.
- Arrange the fish sticks on a serving platter and serve with the dipping sauce.

Nutrition Facts

PROTEIN 25.04% FAT 53.88% CARBS 21.08%

Properties

Glycemic Index:33, Glycemic Load:5.92, Inflammation Score:-5, Nutrition Score:22.336087027322%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 472.35kcal (23.62%), Fat: 27.99g (43.06%), Saturated Fat: 6.37g (39.81%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.22g (8.44%), Sugar: 2.86g (3.18%), Cholesterol: 61.12mg (20.37%), Sodium: 931.13mg (40.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Selenium: 47.89µg (68.42%), Vitamin B12: 3.06µg (51.07%), Vitamin B3: 8.63mg (43.17%), Vitamin B6: 0.76mg (37.99%), Phosphorus: 359.35mg (35.93%), Vitamin B2: 0.61mg (35.91%), Vitamin K: 35.76µg (34.06%), Vitamin B1: 0.49mg (32.38%), Calcium: 275.33mg (27.53%), Vitamin B5: 1.79mg (17.88%), Folate: 69.09µg (17.27%), Vitamin E: 2.4mg (16.01%), Potassium: 558.31mg (15.95%), Manganese: 0.31mg (15.52%), Copper: 0.29mg (14.67%), Iron: 2.49mg (13.86%), Magnesium: 49.38mg (12.35%), Zinc: 1.52mg (10.14%), Fiber: 1.41g (5.65%), Vitamin A: 276.83IU (5.54%), Vitamin C: 1.55mg (1.87%)