



## Pecan-Crusted Fish Fillets

READY IN



25 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup pecans finely chopped (not ground)
- 0.3 cup breadcrumbs dry
- 2 teaspoons lemon zest grated
- 1 eggs
- 1 tablespoon milk
- 1 pound orange roughy fillets
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 tablespoons vegetable oil

1 serving lemon wedges

## Equipment

bowl

frying pan

whisk

## Directions

Mix pecans, bread crumbs and lemon peel in shallow bowl. Beat egg and milk with wire whisk or fork in another shallow bowl.

Cut fish into 4 serving pieces.

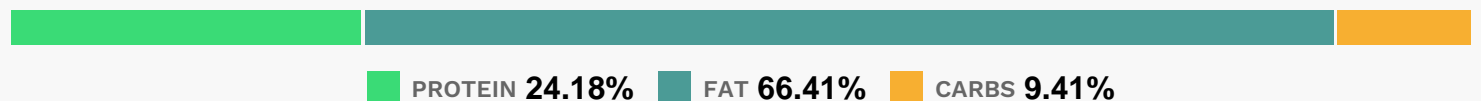
Sprinkle both sides of fish with salt and pepper. Coat fish with egg mixture, then coat well with pecan mixture, pressing slightly into fish.

Heat oil in 12-inch nonstick skillet over medium heat.

Add fish. Reduce heat to medium-low. Cook 6 to 10 minutes, turning once carefully with 2 pancake turners, until fish flakes easily with fork and is brown.

Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:26.38, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:17.115217416183%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

## Nutrients (% of daily need)

Calories: 380.09kcal (19%), Fat: 28.75g (44.22%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 6.1g (2.22%), Sugar: 1.77g (1.97%), Cholesterol: 109.41mg (36.47%), Sodium: 438.88mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.55g (47.1%), Selenium: 81.84µg (116.91%), Manganese: 1.37mg (68.25%), Phosphorus: 233.88mg (23.39%), Copper: 0.44mg (22.01%), Vitamin B1: 0.29mg (19.17%), Vitamin E: 2.43mg (16.17%), Magnesium: 57.31mg (14.33%), Vitamin K: 14.95µg (14.24%), Iron: 2.38mg (13.22%), Vitamin B3: 2.52mg (12.6%), Fiber: 3.06g (12.26%), Folate: 48.05µg (12.01%), Zinc: 1.76mg (11.7%), Vitamin B2: 0.17mg (10.01%), Potassium: 338.8mg (9.68%), Vitamin B12: 0.57µg (9.54%), Vitamin B6: 0.15mg (7.38%), Calcium: 54.54mg (5.45%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 161.35IU (3.23%), Vitamin C: 1.72mg (2.09%), Vitamin D: 0.26µg (1.74%)