



Pecan-Crusted Fish Fillets

READY IN



25 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

2 tablespoons vegetable oil

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.

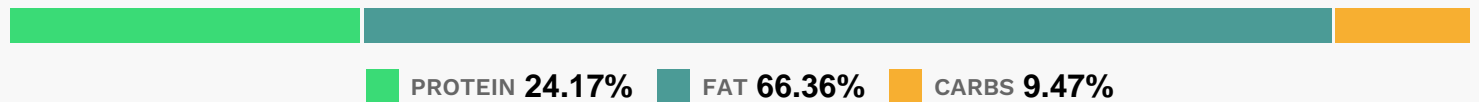
Sprinkle both sides of fish with salt and pepper. Coat fish with egg mixture, then coat well with pecan mixture, pressing slightly into fish.

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:0.22, Inflammation Score:-5, Nutrition Score:17.149130551711%

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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg,

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 380.31kcal (19.02%), Fat: 28.75g (44.23%), Saturated Fat: 3.24g (20.22%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 6.15g (2.24%), Sugar: 1.79g (1.99%), Cholesterol: 109.41mg (36.47%), Sodium: 438.89mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.11%), Selenium: 81.84µg (116.91%), Manganese: 1.37mg (68.26%), Phosphorus: 234mg (23.4%), Copper: 0.44mg (22.02%), Vitamin B1: 0.29mg (19.19%), Vitamin E: 2.43mg (16.18%), Magnesium: 57.37mg (14.34%), Vitamin K: 14.95µg (14.24%), Iron: 2.38mg (13.24%), Vitamin B3: 2.52mg (12.6%), Fiber: 3.09g (12.34%), Folate: 48.13µg (12.03%), Zinc: 1.76mg (11.7%), Vitamin B2: 0.17mg (10.02%), Potassium: 339.84mg (9.71%), Vitamin B12: 0.57µg (9.54%), Vitamin B6: 0.15mg (7.41%), Calcium: 54.74mg (5.47%), Vitamin B5: 0.52mg (5.2%), Vitamin A: 161.52IU (3.23%), Vitamin C: 2.12mg (2.57%), Vitamin D: 0.26µg (1.74%)