



Pine Nut-Crusted Snapper

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg white
- ☐ 4 servings lime wedges
- ☐ 2 teaspoons butter melted reduced-calorie
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce skinned snapper white red firm
- ☐ 2 ounce bread white

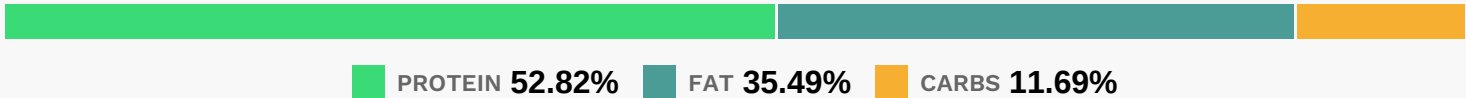
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Place bread in a food processor; process until crumbs are fine.
- ☐ Add pine nuts; pulse just until pine nuts are finely chopped.
- ☐ Place breadcrumb mixture in a shallow dish.
- ☐ Place egg white in a shallow bowl; beat with a whisk.
- ☐ Sprinkle salt and pepper over fish. Dip fish in egg white; dredge in breadcrumb mixture.
- ☐ Place fish fillets on a baking sheet coated with cooking spray, and drizzle margarine over fish.
- ☐ Bake fish at 400 for 15 minutes or until outside is crispy and browned and fish flakes easily when tested with a fork.
- ☐ Serve fish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:5, Inflammation Score:-5, Nutrition Score:19.809565225373%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 280.68kcal (14.03%), Fat: 11.2g (17.23%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.62g (2.77%), Sugar: 1.13g (1.26%), Cholesterol: 85.05mg (28.35%), Sodium: 337.63mg (14.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.5g (75%), Selenium: 75.96µg (108.51%), Vitamin B12: 2.7µg (44.95%), Manganese: 0.9mg (44.94%), Vitamin B3: 7.7mg (38.48%), Phosphorus: 355.68mg (35.57%), Vitamin D: 5.27µg (35.15%), Magnesium: 72mg (18%), Potassium: 595.81mg (17.02%), Folate: 59.84µg (14.96%), Vitamin B6: 0.3mg (14.89%), Copper: 0.26mg (12.99%), Vitamin B1: 0.17mg (11.55%), Vitamin B2: 0.19mg (11.44%), Iron: 1.91mg (10.64%), Vitamin E: 1.58mg (10.53%), Vitamin B5: 0.95mg (9.5%), Zinc: 1.23mg (8.23%), Vitamin K: 7.07µg (6.73%), Calcium: 50.24mg (5.02%), Fiber: 0.68g (2.73%), Vitamin A: 92.86IU (1.86%)