






 **68%**
HEALTH SCORE

Potato-Crusted Fish Sandwiches

 Dairy Free  Very Healthy

READY IN

20 min.

SERVINGS

4

CALORIES

422 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 teaspoon pepper black divided
- 2.5 cups cabbage shredded
- 24 ounce filets ()
- 3 tablespoons the dressing light reduced-fat
- 1 tablespoon juice of lemon fresh
- 0.8 teaspoon lemon rind fresh grated
- 1.5 tablespoons olive oil
- 3 tablespoons potato flakes instant

- 0.3 teaspoon salt
- 1 tablespoon greek seasoning salt-free (such as Cavender's)
- 6.4 ounce wheat hamburger buns light toasted

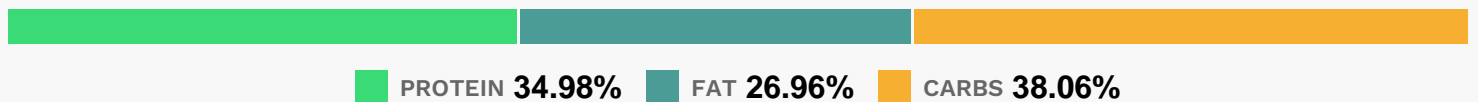
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 42
- Combine first 3 ingredients in a bowl. Stir in cabbage and 1/8 teaspoon pepper; cover and chill.
- Sprinkle both sides of fish evenly with salt and remaining 1/8 teaspoon pepper.
- Combine potato flakes and Greek seasoning in a shallow dish. Dredge fish in potato flake mixture, pressing firmly to coat.
- Heat oil in a large ovenproof skillet over medium-high heat.
- Add fish to pan; cook 2 minutes. Turn fish over; place pan in oven.
- Bake at 425 for 8 to 9 minutes or until fish flakes easily when tested with a fork.
- Place about 1/4 cup cabbage mixture on bottom half of each bun; top each with fish and top half of bun.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:14.28, Inflammation Score:-6, Nutrition Score:26.346521823303%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 422.23kcal (21.11%), Fat: 12.56g (19.33%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 39.9g (13.3%), Net Carbohydrates: 35.6g (12.95%), Sugar: 7.88g (8.76%), Cholesterol: 78.06mg (26.02%), Sodium: 583.79mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.68g (73.35%), Selenium: 71.01µg (101.45%), Vitamin K: 70.84µg (67.47%), Phosphorus: 430.84mg (43.08%), Vitamin C: 29.38mg (35.61%), Vitamin B1: 0.52mg (34.91%), Vitamin B3: 6.39mg (31.94%), Vitamin B6: 0.62mg (31.23%), Manganese: 0.58mg (28.92%), Potassium: 1010.97mg (28.88%), Vitamin B12: 1.65µg (27.49%), Iron: 3.99mg (22.17%), Folate: 88.52µg (22.13%), Magnesium: 88.27mg (22.07%), Vitamin E: 3.09mg (20.59%), Vitamin B2: 0.3mg (17.78%), Calcium: 174.57mg (17.46%), Fiber: 4.3g (17.18%), Vitamin D: 1.53µg (10.21%), Zinc: 1.38mg (9.18%), Copper: 0.15mg (7.58%), Vitamin B5: 0.64mg (6.41%), Vitamin A: 184.12IU (3.68%)