



Potato-Crusted Salmon



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb filets
- ☐ 2 teaspoons cornstarch
- ☐ 1 egg whites slightly beaten
- ☐ 1 teaspoon lemon pepper
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup potatoes dry mashed ()
- ☐ 1 teaspoon vegetable oil
- ☐ 2 tablespoons water

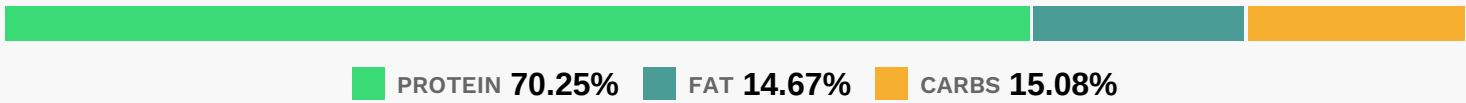
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Remove and discard skin from fish.
- ☐ Cut fish into 4 serving pieces.
- ☐ Mix egg white and water with fork.
- ☐ Mix dry potatoes, cornstarch, paprika and lemon-pepper seasoning. Dip just the top sides of fish into egg white mixture, then press into potato mixture.
- ☐ In 12-inch nonstick skillet, heat oil over high heat. Cook fish, potato sides down, in oil 3 minutes. Carefully turn fish, using wide slotted spatula. Reduce heat to medium. Cook about 3 minutes longer or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:2.31, Inflammation Score:-4, Nutrition Score:9.767391225566%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 126.78kcal (6.34%), Fat: 1.99g (3.07%), Saturated Fat: 0.34g (2.14%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.92g (1.43%), Sugar: 0.24g (0.27%), Cholesterol: 48.76mg (16.25%), Sodium: 75.64mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Selenium: 39.17µg (55.96%), Phosphorus: 243.79mg (24.38%), Vitamin B12: 1.04µg (17.31%), Vitamin B6: 0.34mg (17.1%), Potassium: 572.31mg (16.35%), Vitamin B3: 2.59mg (12.94%), Magnesium: 42.99mg (10.75%), Vitamin B2: 0.12mg (7.02%), Vitamin B1: 0.1mg (6.84%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.97mg (6.47%), Vitamin A: 294.71IU (5.89%), Manganese: 0.12mg (5.84%), Vitamin C: 4.59mg (5.56%), Iron: 0.73mg (4.07%), Zinc: 0.59mg (3.95%), Vitamin K: 3.73µg (3.56%), Copper: 0.06mg (3.21%), Folate: 11.37µg (2.84%), Fiber: 0.69g (2.78%), Vitamin B5: 0.26mg (2.59%), Calcium: 24.37mg (2.44%)