



WHATSheATE



Spicy Cornmeal Cod



Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds fish fillet
- ☐ 0.8 cup cornmeal
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 0.5 teaspoon pepper

- ☐ 2 eggs
- ☐ 3 tablespoons butter melted

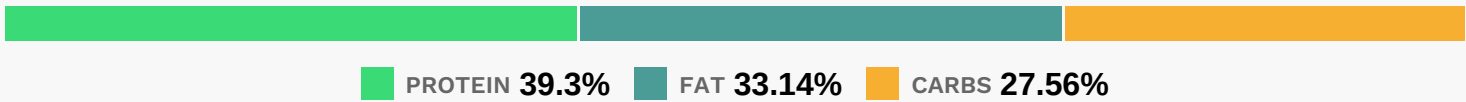
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 500°F.
- ☐ Cut fish fillet into 4x2-inch pieces.
- ☐ Mix remaining ingredients except eggs and butter. Dip fish into eggs, then coat with cornmeal mixture.
- ☐ Place fish on ungreased cookie sheet.
- ☐ Drizzle butter over fish.
- ☐ Bake 10 to 12 minutes, turning fish once, until golden brown.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:15.001739105453%

Nutrients (% of daily need)

Calories: 277.66kcal (13.88%), Fat: 10.22g (15.72%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 16.94g (6.16%), Sugar: 0.41g (0.46%), Cholesterol: 111.26mg (37.09%), Sodium: 340.77mg (14.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Selenium: 54.95µg (78.5%), Vitamin B12: 1.93µg (32.15%), Phosphorus: 275.8mg (27.58%), Vitamin B3: 5.26mg (26.32%), Vitamin D: 3.81µg (25.39%), Vitamin B6: 0.34mg (16.96%), Magnesium: 56.19mg (14.05%), Folate: 51.19µg (12.8%), Potassium: 445.91mg (12.74%), Manganese: 0.24mg (12.24%), Vitamin B2: 0.19mg (11.08%), Vitamin B1: 0.16mg (10.38%), Iron: 1.83mg (10.19%), Vitamin B5: 0.93mg (9.3%), Fiber: 2.19g (8.76%), Zinc: 1.23mg (8.23%), Vitamin A: 402.69IU (8.05%), Copper: 0.16mg (7.83%), Vitamin E: 0.98mg (6.57%), Vitamin K: 3.13µg (2.98%), Calcium: 27.59mg (2.76%)