



WHATSheATE



Spicy Cornmeal Cod (lighter)



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



252 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

- ☐ 0.5 cup eggs fat-free
- ☐ 1 tablespoon butter

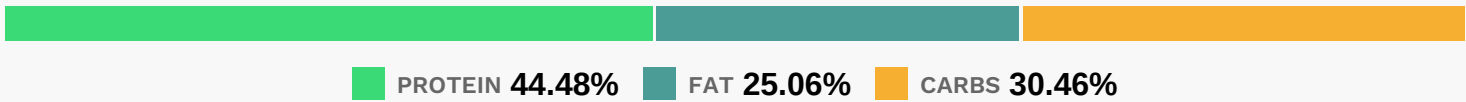
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 500°F. Lightly grease cookie sheet.
- ☐ Cut fish fillets into 4x2-inch pieces.
- ☐ Mix remaining ingredients except egg product and margarine. Dip fish into egg product, then coat with cornmeal mixture.
- ☐ Place fish on cookie sheet.
- ☐ Drizzle margarine 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:-5, Nutrition Score:15.299565032125%

Nutrients (% of daily need)

Calories: 252.09kcal (12.6%), Fat: 6.99g (10.76%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 16.94g (6.16%), Sugar: 0.43g (0.48%), Cholesterol: 132.03mg (44.01%), Sodium: 304.69mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.86%), Selenium: 56.67µg (80.95%), Vitamin B12: 1.97µg (32.9%), Phosphorus: 285.79mg (28.58%), Vitamin B3: 5.27mg (26.33%), Vitamin D: 3.92µg (26.14%), Vitamin B6: 0.35mg (17.42%), Magnesium: 56.72mg (14.18%), Folate: 53.76µg (13.44%), Potassium: 451.65mg (12.9%), Vitamin B2: 0.21mg (12.48%), Manganese: 0.25mg (12.32%), Iron: 1.93mg (10.73%), Vitamin B1: 0.16mg (10.5%), Vitamin B5: 1.01mg (10.11%), Fiber: 2.19g (8.76%), Zinc: 1.31mg (8.71%), Copper: 0.16mg (8.03%), Vitamin E: 0.9mg (5.99%), Vitamin A: 265.91IU (5.32%), Vitamin K: 3.15µg (3%), Calcium: 29.32mg (2.93%)