



 **71%**
HEALTH SCORE

The Ultimate Filet O Fish Sammie

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



2119 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup lightly hydroponic arugula (with stems) packed
- 1 avocado (thick ripe) cut in slices
- 1 foot long sourdough baguette
- 1 beefsteak tomatoes (thick cut) in slices
- 1 eggs (beaten)
- 1 cup flour (all-purpose)
- 1 handful basil leaves (fresh) finely chopped
- 1 handful chives (finely chopped)

- 1 handful parsley leaves fresh finely chopped
- 1 tail piece halibut fresh whole thick
- 1 juice of lemon juiced
- 2 servings kosher salt and pepper black freshly ground
- 1 cup mayonnaise store-bought
- 1 cup milk
- 2 servings olive oil extra-virgin
- 2 tablespoons olive oil
- 1.5 cups panko bread crumbs

Equipment

- bowl
- oven
- skewers

Directions

- Preheat oven to 350 degrees F.
- Put a large sheet tray in oven and heat it for 1/2 hour.
- Begin by patting the halibut fillet dry. If you have a tail end piece cut the fillet down the middle so you can invert the 2 pieces next to each other to form a nice rectangular shape that matches the bread. Set up a breading station with flour, beaten egg and milk, and bread crumbs in separate containers. Season with salt and pepper. Dip each fillet into the flour, egg mixture, and then panko. Set aside on a tray at room temperature to let the coating set.
- Pull out sheet tray from oven, add a 2-count of oil and transfer breaded fish to tray.
- Sprinkle with olive oil.
- Bake for 30 minutes or until golden brown.
- Combine lemon herb mayonnaise ingredients in a bowl and blend until well combined. Season with salt and pepper, to taste. Split the baguette in half horizontally. Open it up and toast it in a hot oven until just warmed through. Smear each half with lemon herb mayonnaise and stack up arugula, tomato and avocado on 1 half. Top with crispy panko fish fillets and top with the other half of bread. Skewer in 2 places and cut across the middle.

Serve with more lemon-herb mayonnaise on the side.

Nutrition Facts

PROTEIN 9.77% **FAT 59.47%** **CARBS 30.76%**

Properties

Glycemic Index:286.88, Glycemic Load:80.84, Inflammation Score:-10, Nutrition Score:62.632608164912%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 2119.13kcal (105.96%), Fat: 140.57g (216.26%), Saturated Fat: 23.7g (148.14%), Carbohydrates: 163.59g (54.53%), Net Carbohydrates: 148.12g (53.86%), Sugar: 21.18g (23.54%), Cholesterol: 185.17mg (61.72%), Sodium: 1969.94mg (85.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.97g (103.94%), Vitamin K: 293.56µg (279.58%), Selenium: 104.91µg (149.87%), Vitamin B1: 1.93mg (128.4%), Folate: 447.86µg (111.96%), Vitamin B3: 20.88mg (104.4%), Manganese: 1.85mg (92.67%), Vitamin B2: 1.39mg (81.53%), Vitamin E: 12.04mg (80.29%), Phosphorus: 753.9mg (75.39%), Iron: 11.67mg (64.81%), Fiber: 15.47g (61.89%), Vitamin B6: 1.21mg (60.67%), Vitamin C: 44.65mg (54.12%), Potassium: 1879.82mg (53.71%), Vitamin A: 2556.06IU (51.12%), Calcium: 453.32mg (45.33%), Vitamin D: 6µg (40.01%), Magnesium: 159.65mg (39.91%), Vitamin B5: 3.9mg (39%), Copper: 0.73mg (36.32%), Vitamin B12: 2.08µg (34.69%), Zinc: 4.36mg (29.09%)