

Tilapia Sandwich

READY IN



90 min.

SERVINGS



2

CALORIES



1003 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 beefsteak tomatoes sliced
- 2 tablespoons butter melted
- 1 teaspoons cayenne pepper
- 1 tablespoon dijon mustard
- 2 tablespoons dijon mustard
- 1 tablespoon optional: dill fresh chopped
- 1 Dash hot sauce
- 2 servings iceberg lettuce shredded
- 2 servings kosher salt and freshly cracked pepper black

- 0.5 cup mayonnaise
- 1 cup panko breadcrumbs
- 3 tablespoons pickled relish
- 2 rolls split french soft toasted
- 12 ounce tilapia fillets

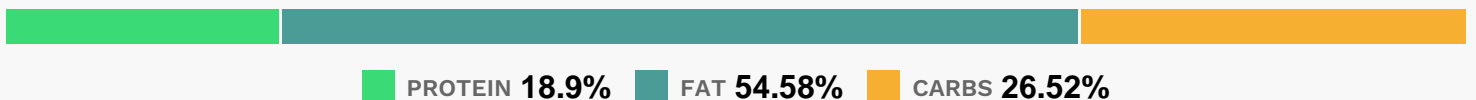
Equipment

- bowl
- oven
- plastic wrap
- baking pan

Directions

- Preheat the oven to 450 degrees F.
- Place a heavy-duty baking pan sprayed with nonstick spray in the oven to heat.
- Mix together the melted butter, Dijon and dill in a pie plate. In another pie plate, combine the panko, cayenne and some salt and pepper. Dredge the fish through the melted butter mixture and then through the panko.
- Place on the hot sheet trays in the oven and bake until cooked through and lightly golden, 12 to 15 minutes.
- Assemble the sandwich by slathering the toasted split roll with Tartar Sauce, topping with the breaded fish fillet and adding the tomato slices and shredded lettuce.
- Mix the mayonnaise, relish, dill, mustard and hot sauce together in a small bowl. Cover with plastic wrap and refrigerate 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:177, Glycemic Load:25.53, Inflammation Score:-9, Nutrition Score:38.276956558228%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 1003.15kcal (50.16%), Fat: 61.36g (94.39%), Saturated Fat: 15.26g (95.39%), Carbohydrates: 67.07g (22.36%), Net Carbohydrates: 59.9g (21.78%), Sugar: 14.39g (15.99%), Cholesterol: 138.67mg (46.22%), Sodium: 1549.65mg (67.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.8g (95.59%), Vitamin K: 132.69µg (126.37%), Selenium: 88.03µg (125.75%), Iron: 14.85mg (82.5%), Vitamin A: 2702.06IU (54.04%), Vitamin B3: 10.01mg (50.03%), Vitamin B12: 2.88µg (48.06%), Phosphorus: 443.52mg (44.35%), Manganese: 0.83mg (41.41%), Vitamin D: 5.39µg (35.9%), Potassium: 1203.75mg (34.39%), Vitamin B1: 0.51mg (34.25%), Folate: 136.6µg (34.15%), Vitamin C: 27.66mg (33.53%), Vitamin E: 4.33mg (28.85%), Fiber: 7.17g (28.66%), Vitamin B6: 0.54mg (27.16%), Magnesium: 100.8mg (25.2%), Vitamin B2: 0.33mg (19.5%), Copper: 0.37mg (18.56%), Vitamin B5: 1.44mg (14.41%), Calcium: 138.68mg (13.87%), Zinc: 1.73mg (11.55%)