



Tip for Utokia's Pecan Coconut Crusted Fish

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 0.3 teaspoon cayenne pepper to taste
- 2 tablespoons cilantro leaves chopped
- 0.5 cup coconut or shredded
- 2 tablespoons bread crumbs plain dry
- 20 ounce fish fillets fresh thawed
- 2 green onions chopped
- 1 large mangos diced
- 0.5 cup pecans finely chopped

- 16 ounce dole pineapple tidbits drained canned
- 0.5 medium bell pepper diced red
- 1 tablespoon red wine vinegar
- 0.3 teaspoon salt
- 1 Stick non foil reynolds wrap®

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- wax paper

Directions

- Preheat oven to 400 degrees F. Line a 15 1/2x10 1/2x1-inch baking pan with Reynolds Wrap® Non-Stick Foil with non-stick (dull) side toward food; set aside.
- Combine butter, salt and cayenne pepper in a large bowl.
- Add fish and stir to coat; set aside.
- Combine pecans, coconut and bread crumbs.
- Spread mixture on a sheet of wax paper.
- Roll fish in coconut mixture, turning to coat evenly. Press on additional mixture, if necessary.
- Place in a single layer in foil-lined pan.
- Bake for 15 to 20 minutes or just until fish is opaque throughout.
- Serve with salsa.
- Combine pineapple, mango, red pepper, green onions, red wine vinegar, cilantro and salt. Chill; serve with fish.

Nutrition Facts



■ PROTEIN 25.01% ■ FAT 48.62% ■ CARBS 26.37%

Properties

Glycemic Index:62.44, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:26.318260856297%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg, Delphinidin: 1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 493.13kcal (24.66%), Fat: 27.74g (42.68%), Saturated Fat: 12.07g (75.41%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 28.61g (10.4%), Sugar: 25.52g (28.36%), Cholesterol: 101.38mg (33.79%), Sodium: 352.51mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.11g (64.23%), Selenium: 63.01µg (90.01%), Vitamin C: 50.31mg (60.98%), Manganese: 0.93mg (46.29%), Vitamin B12: 2.28µg (38.02%), Vitamin B3: 6.94mg (34.71%), Phosphorus: 323.7mg (32.37%), Vitamin A: 1569.87IU (31.4%), Vitamin D: 4.39µg (29.29%), Copper: 0.51mg (25.69%), Vitamin B6: 0.47mg (23.35%), Potassium: 813.3mg (23.24%), Vitamin B1: 0.35mg (23.05%), Magnesium: 85.96mg (21.49%), Folate: 84.25µg (21.06%), Fiber: 5.24g (20.97%), Vitamin K: 20.64µg (19.66%), Vitamin E: 1.91mg (12.76%), Iron: 2.21mg (12.28%), Vitamin B2: 0.2mg (11.55%), Vitamin B5: 1.04mg (10.36%), Zinc: 1.51mg (10.04%), Calcium: 67.5mg (6.75%)