



Zesty Fish Po'boys

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch bread french
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 22 ounce fish fillet frozen
- ☐ 0.5 teaspoon hot sauce
- ☐ 3 tablespoons juice of lemon
- ☐ 4 romaine leaves
- ☐ 1 cup mayonnaise light

- ☐ 1 tablespoon pickle relish sweet
- ☐ 1 teaspoon parsley dried fresh chopped

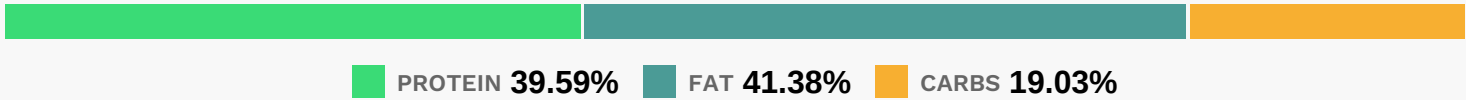
Equipment

- ☐ oven

Directions

- ☐ Bake fish fillets according to package directions. Set aside, and keep warm.
- ☐ Cut bread in half crosswise. Split each half lengthwise, and toast.
- ☐ Stir together mayonnaise and next 6 ingredients.
- ☐ Spread mixture evenly over cut side of bread halves.
- ☐ Place lettuce and fish on bottom bread halves; top with remaining bread halves.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Gorton's Southern Fried Country Style Breaded Fish Filets.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:6.15, Inflammation Score:-9, Nutrition Score:20.6665219535%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 338.15kcal (16.91%), Fat: 15.64g (24.05%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 15.34g (5.58%), Sugar: 4.37g (4.86%), Cholesterol: 86.92mg (28.97%), Sodium: 727.84mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.31%), Selenium: 72.43µg (103.47%), Vitamin B12: 2.46µg (41.06%), Vitamin A: 1871.72IU (37.43%), Vitamin B3: 6.98mg (34.88%), Vitamin K: 35.91µg (34.2%), Vitamin

D: 4.83µg (32.22%), Phosphorus: 302.46mg (30.25%), Folate: 70.49µg (17.62%), Potassium: 575.95mg (16.46%), Vitamin B6: 0.31mg (15.32%), Vitamin B1: 0.21mg (14.06%), Magnesium: 54.44mg (13.61%), Vitamin E: 2.01mg (13.39%), Manganese: 0.24mg (12.18%), Vitamin B2: 0.2mg (11.49%), Vitamin C: 9.19mg (11.14%), Iron: 1.91mg (10.63%), Vitamin B5: 0.87mg (8.7%), Copper: 0.16mg (7.98%), Zinc: 0.8mg (5.35%), Calcium: 40.42mg (4.04%), Fiber: 0.83g (3.32%)