



A Nutrition Resource

OVEN FRIED FISH

Yield: 4 Servings | Serving Size: 1 fillet

Cost/Serving: \$1.60

Ingredients:

- 1 egg, slightly beaten
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup breadcrumbs
- 1-pound frozen tilapia fillets, thawed (4 fillets)
- 1 Tablespoon melted butter
- 1 fresh lime or lemon, sliced (optional)

Directions:

- 1) Preheat oven to 350°F.
- 2) Wash the lime or lemon (if using).
- 3) Collect, slice, and measure all ingredients before starting to prepare the recipe.
- 4) In a bowl, add egg, salt, and pepper and beat together.
- 5) Put breadcrumbs in a separate small bowl.
- 6) Dip fish fillets in the egg mixture, then dip in the breadcrumbs to coat.
- 7) Melt butter in a shallow 9 x 13-inch baking pan for 1 minute in the oven,
- 8) Remove the pan from the oven and tilt pan to coat with butter.
- 9) Arrange fish fillets in the pan.
- 10) Bake uncovered for 15 to 20 minutes or until fish flakes easily with a fork.
- 11) Serve topped with lime or lemon slices (if using).
- 12) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Instead of breadcrumbs, use crushed, unsweetened cereal or crushed crackers.

Nutrition Facts

4 servings per container

Serving size 1 Fillet (160g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 460mg 20%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 27g 54%

Vitamin D 9mcg 45%

Calcium 52mg 4%

Iron 1mg 6%

Potassium 612mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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